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SPALDING'S

"Red Cover" Series of Athletic Handbooks



DUMB BELL EXERCISES

By

PROF. G. H. BOJUS

AMERICAN SPORTS PUBLISHING Co.
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SPALDING "RED COVER" SERIES OF
ATHLETIC HANDBOOKS
No. 24R

DUMB BELL EXERCISES

BY
PROF. GUSTAV HERRMAN BOJUS



PUBLISHED BY
AMERICAN SPORTS PUBLISHING
COMPANY
21 WARREN STREET, NEW YORK

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DUMB BELL EXERCISES.

IT is hoped that the following pages will prove a useful guide for home exercise as well as for school use. The movements are interesting in character and so should help to overcome the usual monotony of home training. Because of their variety, it is quite possible to secure the health and development of the whole body, if the movements are regularly and vigorously practiced. It has been the aim to use simple and concise language in describing the exercises, but the illustrations will aid further in showing just how the movements are made. Good form is most important in securing good results, so that great care should be given to this matter.

The series is by no means complete, nor even largely original, so that it is not adequate for school work. It should, however, prove suggestive to those teaching physical training and the combinations which are new, as well as much of the work for women, will, no doubt, be acceptable.

GUSTAV HERRMAN BOJUS.
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No. 1

**STARTING POSITIONS FOR DUMB BELL
EXERCISES.**

1. Bells on hips—place. (Fig. 1.)
2. Bells on shoulders—place.
3. Bells under shoulders—place. (Fig. 2.)
4. Arms to thrust—bend. (Fig. 3.)
5. Arms in front of shoulders—fold. (Fig. 4.)
6. Arms behind back—fold. (Fig. 5.)
7. Arms in rear of head—fold. (Fig. 6.)
8. Bells on shoulders, vertically—place.
(Fig. 7.)
9. Arms upwards in front of shoulders,
knuckles turned to the front—bend.
(Fig. 8.)
10. Arms upward and outward, palms turned
to the front—bend. (Fig. 9.)

SERIES I.

ARM AND LEG MOVEMENTS.

To Increase Respiration and Circulation.

1. Double arm circles outward; inward; sideways, left; and sideways, right. (Figs. 10, 11, 12.)

Each circle is made in one count. For the outward arm circle, the arms are drawn inward at the start and cross in front of the body. For the inward circle, the direction of the arms is reversed. Throughout, the arms should be straight and rigid.

- 2a. Run on place; at the same time, hold arms successively in position down at sides, horizontally sideways, and upward, returning in reverse order. (Figs. 13, 14.)

- ¹/₂. Raise and lower each knee, alternating left and right. Begin vigorously and increase the speed to a run. (Figs. 14, 15.)

3. Thrust arms in various directions from chest: forward, upward, sideways, and downward to the rear.

4. Jump to stride position, spreading legs either sideways or crossways. In the cross stride, advance left and right legs alternately. The exercise may be combined with various arm thrusts and movements. (Figs. 16, 17, 18.)
5. Swing arms sideways upward, striking bells above head, swing arms sideways downward, striking bells behind the hips and alternate. (Figs. 19, 20.)

SERIES II.

For the starting position raise arms forward, level with shoulders.

1. Bend trunk forward and move arms sideways—return to starting position. (Fig. 21).
2. Bend trunk sideways, left or right, and move arms sideways—return to starting position. (Fig. 22.)
3. Bend trunk backward and move arms sideways—return to starting position. (Fig. 23.)
4. Bend trunk sideways, left or right, and raise arms upward—return to starting position. (Fig. 24.)
5. Bend trunk backward and fold arms behind head—return to starting position. (Fig. 25.)
6. Twist trunk, left or right, and raise arms upward—return to starting position. (Fig. 26.)
7. Bend trunk forward, swing left arm backward and right arm upward—return to starting position. (Fig. 27.)

Repeat to opposite side.

8. Bend trunk sideways, left, raise right arm upward and move left arm sideways—return to starting position. (Fig. 28.)

Repeat to opposite side.

9. Bend trunk forward, swing arms backward—swing arms upward and bend trunk backward—alternate. (Figs. 29, 30.)

SERIES III.

1. Raise both arms and left or right leg sideways, knees straight—return to starting position. (Fig. 31.)
2. Raise both arms upward and left or right leg forward or backward. (Figs. 32—35.)
3. Raise both arms forward and left or right leg backward. (Fig. 33.)
4. Raise both arms sideways upward and left or right leg sideways. (Fig. 34.)
- 5a. Lunge forward, left, and raise arms upward, with bells vertical—return to starting position. (Fig. 36.)

Repeat to the right and alternating.

- b. Lunge sideways, left, and raise arms sideways, with palms facing upward—return to starting position. (Fig. 37.)

Repeat to the right and alternating.

- c. Lunge backward, left, and place bells on shoulders—return to starting position. (Fig. 38.)

Repeat to the right and alternating.

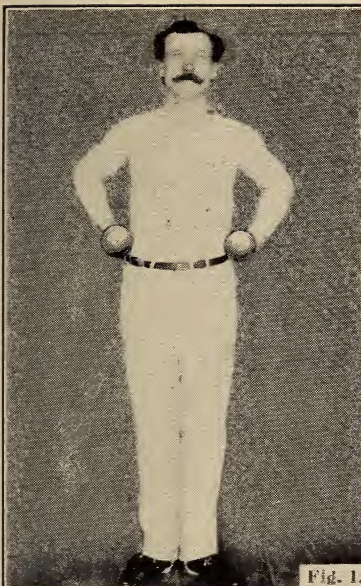


Fig. 1.

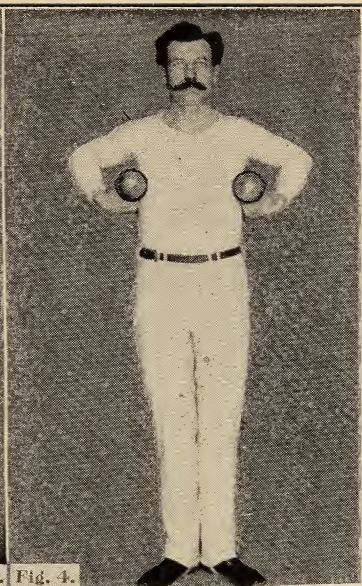


Fig. 4.

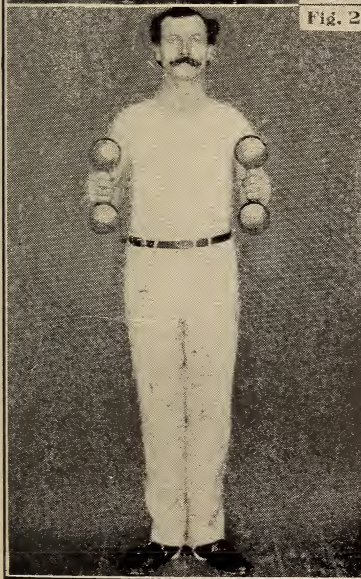


Fig. 2.



Fig. 3.

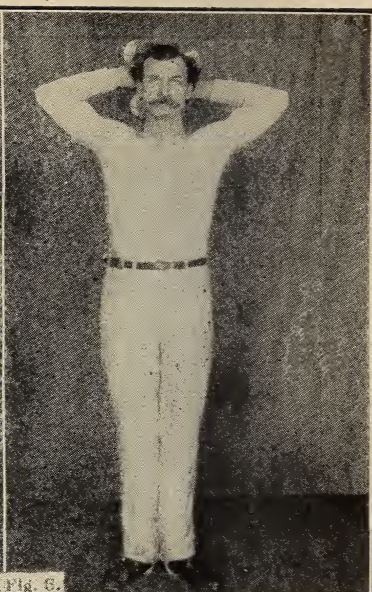
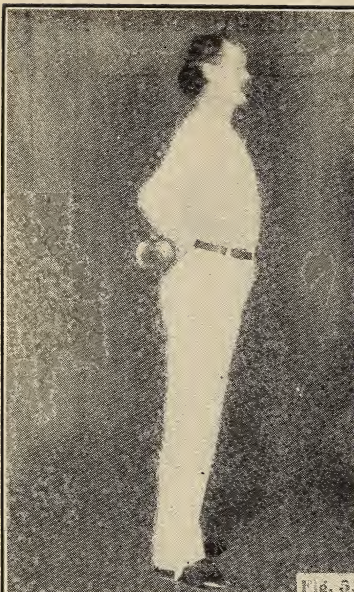
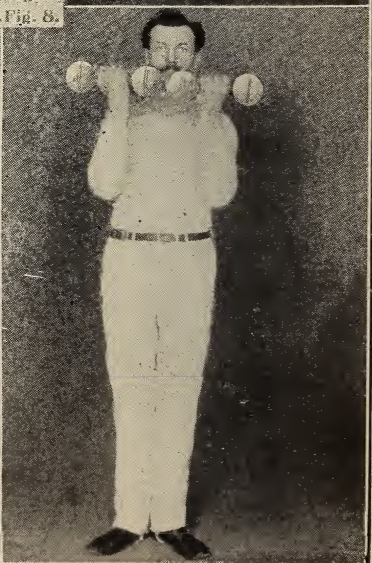
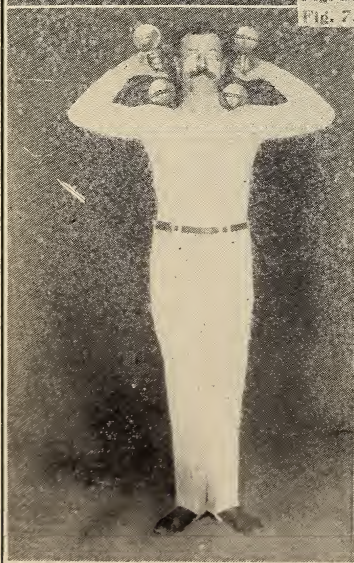


Fig. 5. Fig. 6.
Fig. 7. Fig. 8.



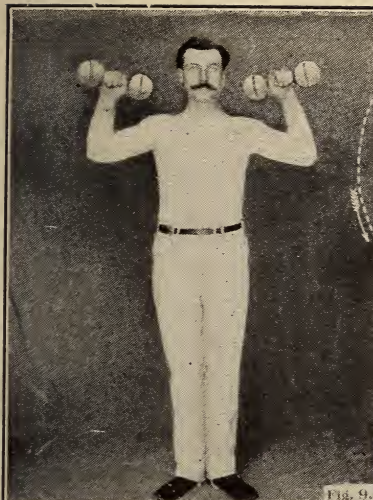


Fig. 9.



Fig. 10.

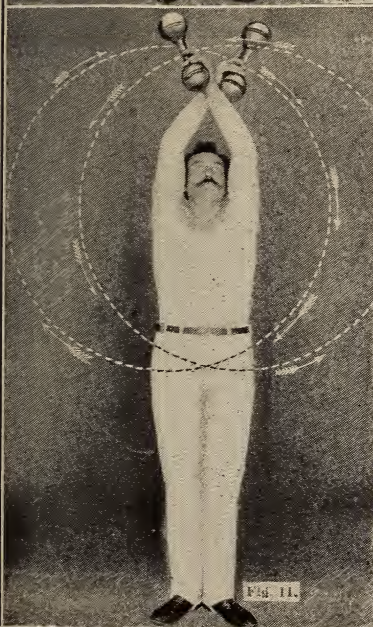


Fig. 11.



Fig. 12.

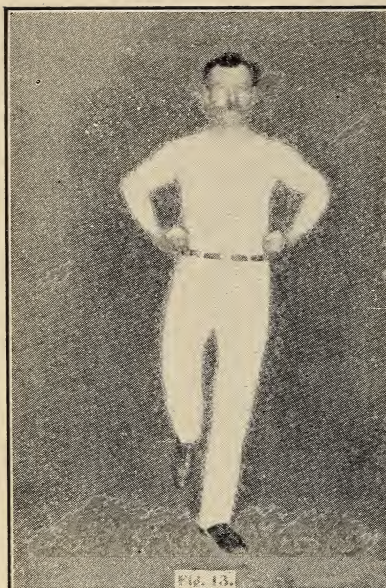


Fig. 13.

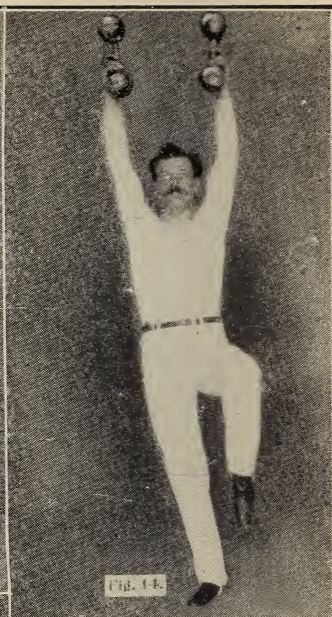


Fig. 14.

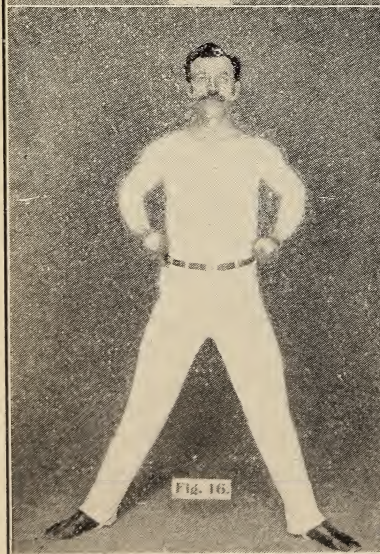


Fig. 16.

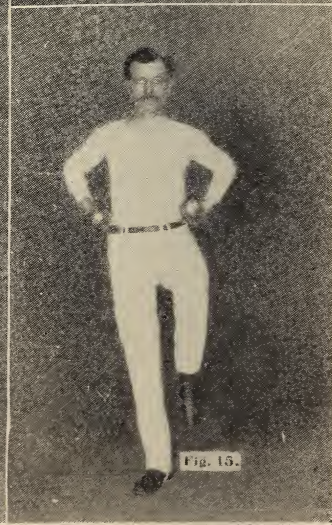


Fig. 15.

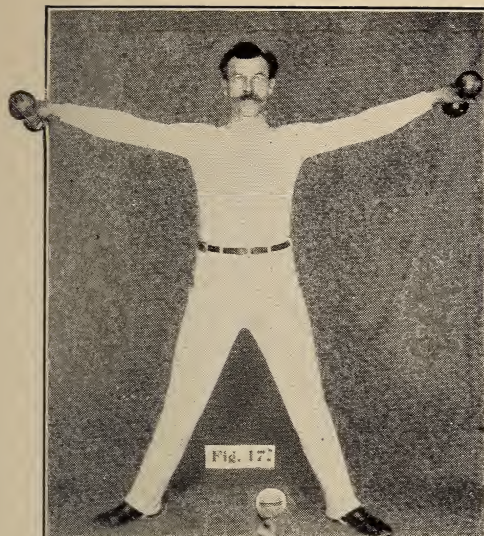


FIG. 17.

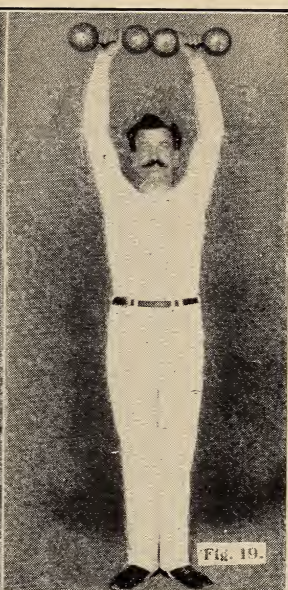


FIG. 19.

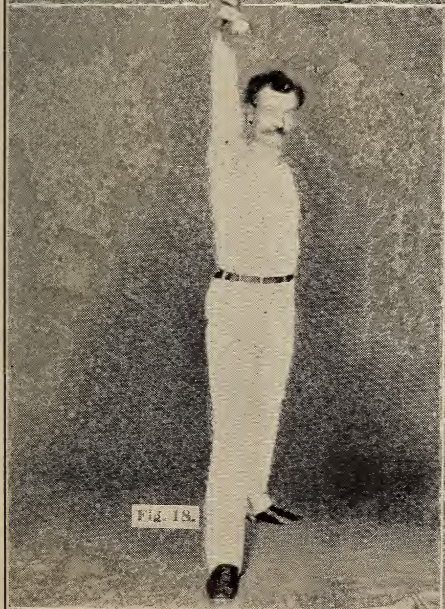


FIG. 18.



FIG. 20.

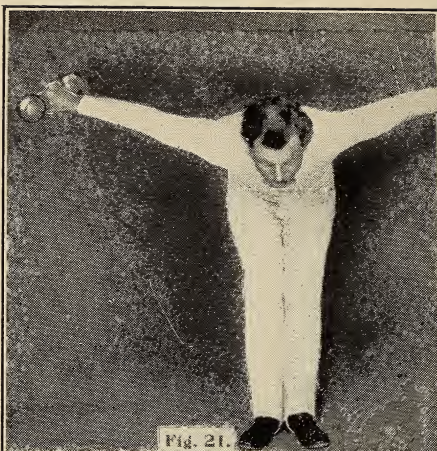


Fig. 21.

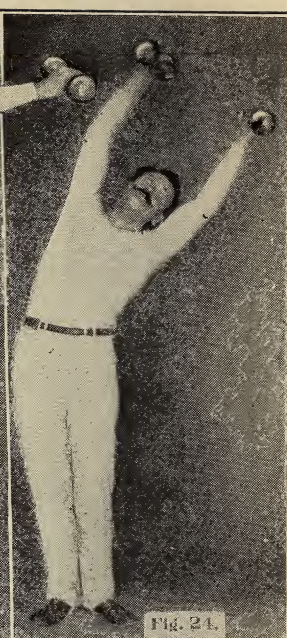


Fig. 24.

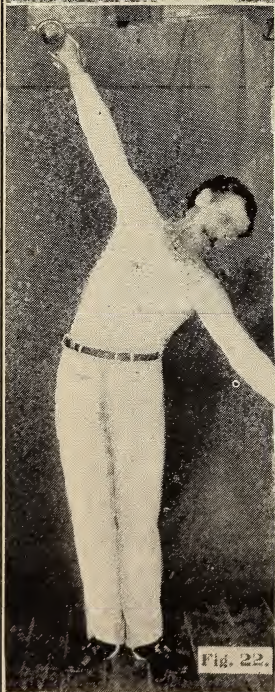


Fig. 22.



Fig. 23.



FIG. 27.

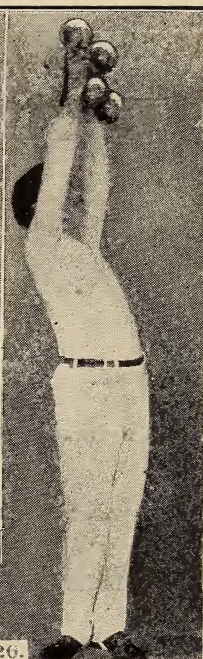


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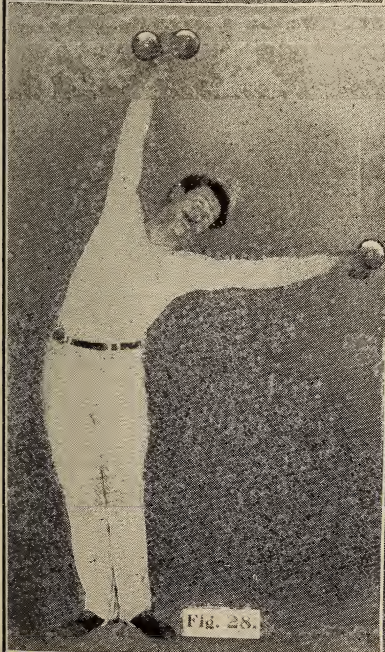


FIG. 28.

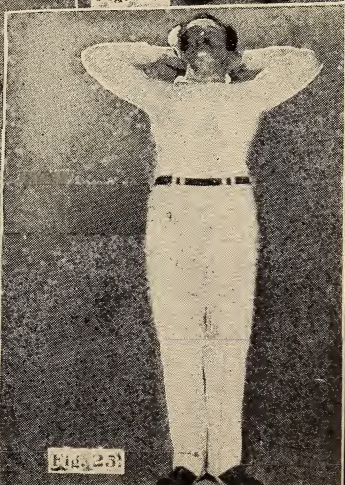


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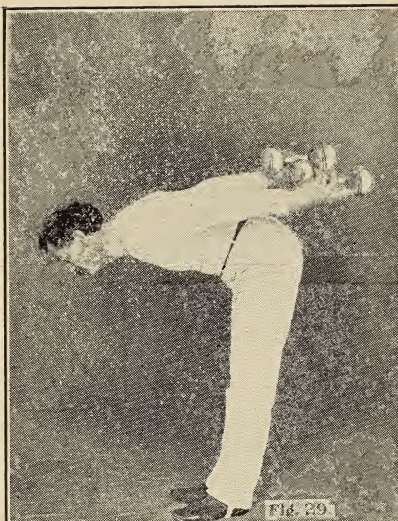


FIG. 29.

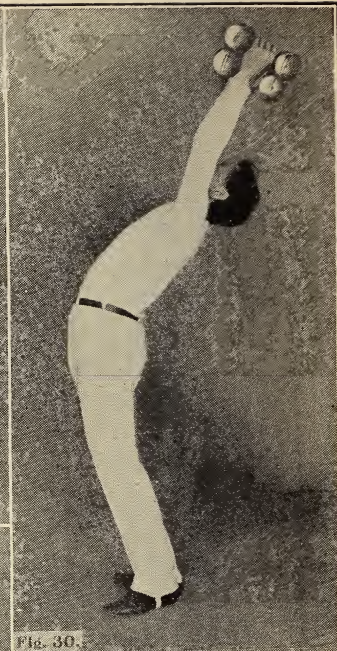


FIG. 30.

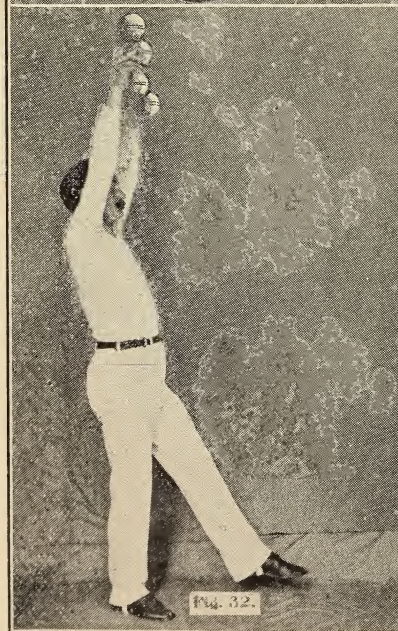


FIG. 32.



FIG. 34.

- 6a. Lunge obliquely forward, left, raise left arm obliquely upward, and extend right arm obliquely downward to the rear—return to starting position. (Fig. 39.)

Repeat to the right and alternating.

- b. Lunge obliquely backward, left, raise left arm sideways upward, and hold right arm over shoulder—return to starting position. (Fig. 40.)

Repeat to the right and alternating.

- c. Lunge sideways, left, raise the right arm upward and the left on shoulder, bell vertical—return to starting position. (Fig. 41.)

Repeat to the right and alternating.

- d. Lunge obliquely forward, left, raise the right arm sideways, and place left on head, bell vertical. (Fig. 42.)

Repeat to the right and alternating.

- e. Lunge obliquely forward inward, left in front of right, raise the right arm obliquely forward upward, and the left arm obliquely backward. (Fig. 43.)

Repeat to the right and alternating.

- f.* Lunge obliquely backward inward, left behind the right, raise the left arm obliquely upward, and place the right behind the back. (Fig. 44.)

Repeat to the right and alternating.

- g.* Lunge sideways, left, raise the right arm sideways obliquely downward, and place the left over right shoulder. (Fig. 45.)

Repeat to the right and alternating.

SERIES IV.

At the start, take a side stride position. Place bells on hips for the first exercise and on shoulders for the last three exercises.

1. Bend left knee, extend left arm sideways, and bend trunk so as to touch bell to floor—return to first position. (Fig. 46.)

Repeat to the right and alternating. Repeat throughout, touching both bells to left or right side.

2. Bend left knee, touch left bell to floor at side, and extend right arm vertically upward—return to first position.

Repeat to the right.

3. Bend left knee, bend trunk to the right, and extend arms sideways—return to first position. (Fig. 47.)

Repeat to the right.

4. Bend trunk forward and swing bells downward between legs—raise bells and trunk, turn left,

bend backward, and place bells on shoulder vertically—repeat, twisting trunk to the right. (Figs. 48, 49.)

5. Same as exercise No. 4. Turn trunk to left and swing both arms over left shoulder, repeat, twisting trunk to the right. (Fig. 49*B*.)

SERIES V.

At the start bend knees deep, raise heels, and hold bells on floor before line of toes. (Fig. 50.)

1. Extend left leg sideways and return. (Fig. 51.)

Repeat to the right and alternating.

2. Extend left leg and both arms sideways and return. (Fig. 52.)

Repeat to the right and alternating.

3. Jump to side stride position and return, holding bells on floor. (Fig. 53.)

4. Extend left leg backward and return. (Fig. 54.)

Repeat to the right and alternating.

5. Extend left leg backward and left arm forward—return to first position. (Fig. 55.)

Repeat to the right and alternating.

6. Extend both legs backward and return to first position. (Fig. 56.)

7. With body in forward leaning position, raise and lower left leg. (Fig. 57.)

Repeat with right leg and alternating.

8. Hold forward leaning position and raise left arm vertically upward—lower left arm and repeat to the right. (Fig. 58.)
9. From Figure 50 extend both legs sideways left and return. (Fig. 59.)
Repeat to right and alternating.
10. Hold forward leaning rest position, bend and straighten arms (dip) a number of times keeping body rigid. (Fig. 60.)

SERIES VI.

ABDOMINAL EXERCISES.

At the start take seat on floor, extend legs forward and place bells on hips. (Figs. 61, 62.)

1. Bend left or right knee upward to trunk and return. (Fig. 63.)

Alternate and bend both knees.

2. Bend left or right knee upward and extend arms forward or sideways—straighten knee and place bells on hips. (Figs. 64—66.)

Repeat with both knees.

3. Raise and lower left leg. Repeat with right leg. (Fig. 67.)

For this exercise the bells may be held on floor at sides.

4. Raise left leg upward and extend arms sideways—lower left leg and place bells on hips. (Fig. 68.)

Repeat to the right.

5. Raise both legs upward—lower legs. (Fig. 69.)
6. Move left leg sideways and return. (Fig. 70.)

Repeat with right leg and both legs. (Fig. 70.)

Repeat, and extend arms sideways or forwards and return. (Fig. 70.)

7. Cross left leg over right and bend knee upward—return. (Fig. 71.)

Repeat with right leg and both legs.

At the start raise arms upward. Cross left leg over right, bending knee upward and fold arms behind head—return left leg and extend arms upward. (Fig. 71.)

Repeat with right leg and both legs.

8. Placing bells on floor in rear, raise body to backward rest position—return to sitting position. (Fig. 72.)

Repeat and raise left or right leg upward. (Fig. 73.)

Rest on back in prone position and extend arms on floor above head. (Fig. 74.)

9. Raise left leg and arms upright—return. (Fig. 75.)

Repeat with right leg and both legs and raise arms upward. (Figs. 76, 77.)

10. Rise to sitting position and hold arms upright—return to first position.

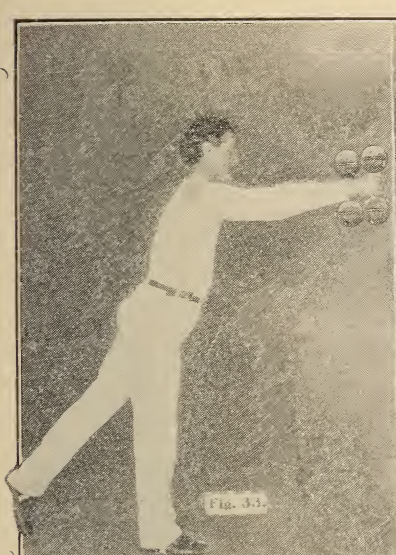


Fig. 33.

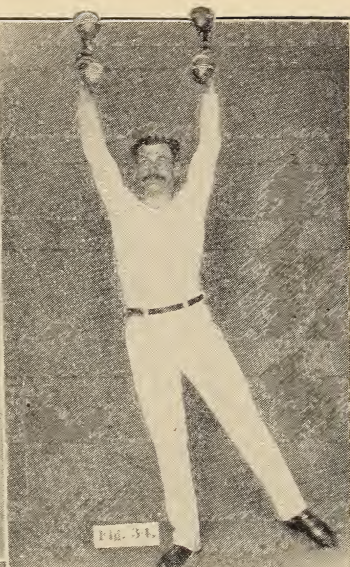


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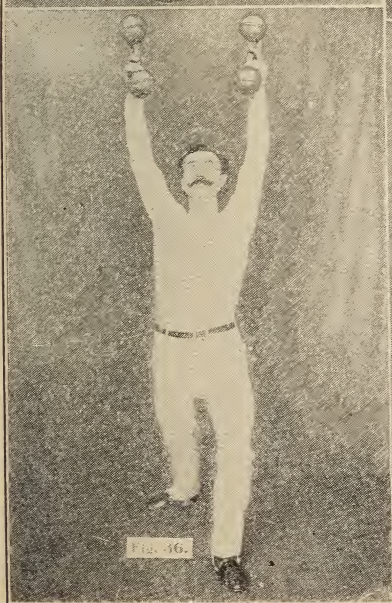


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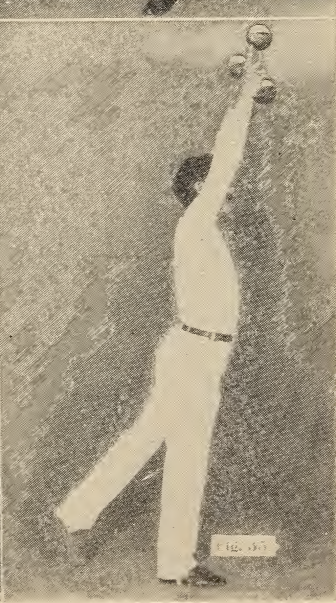
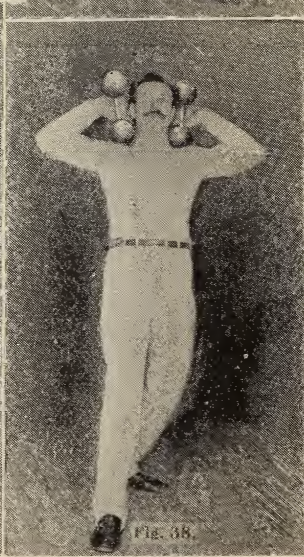
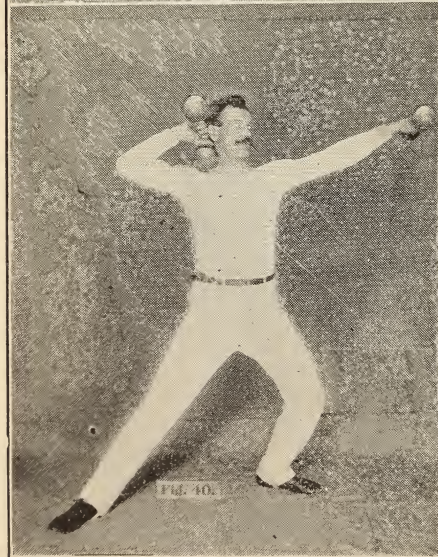
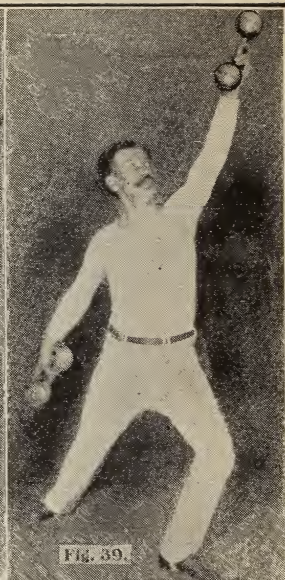
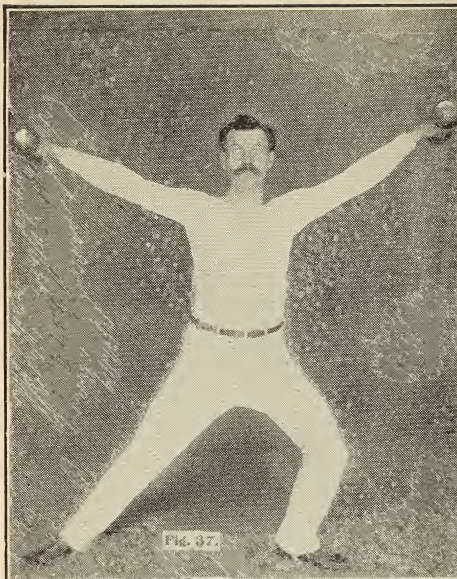


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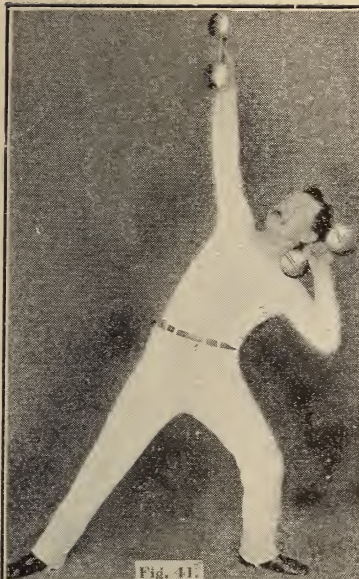


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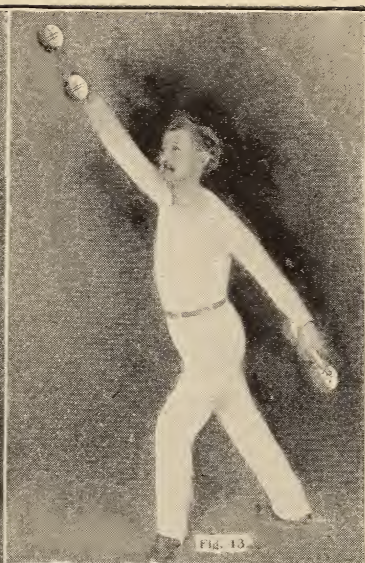


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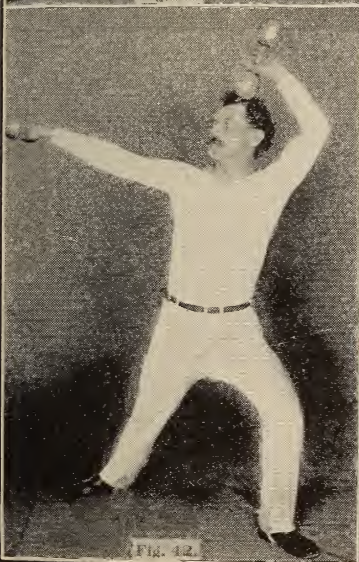


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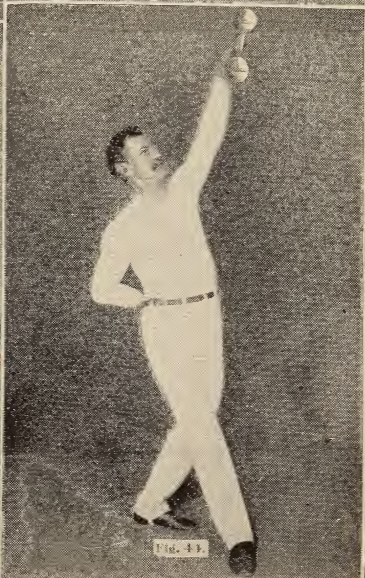


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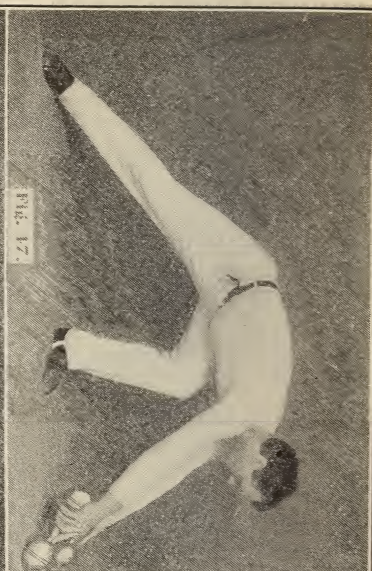


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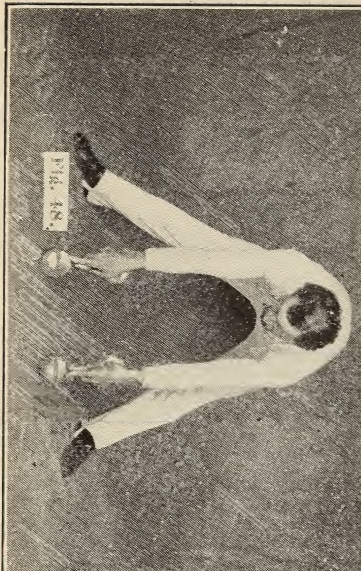


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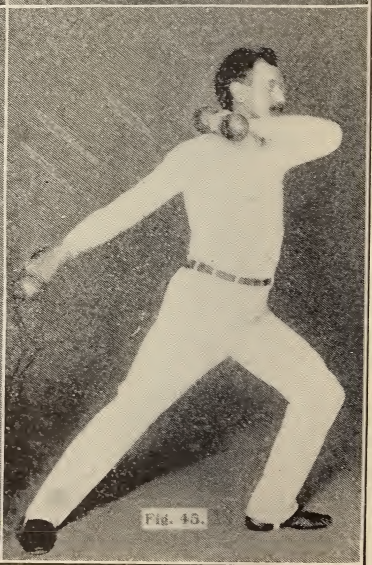


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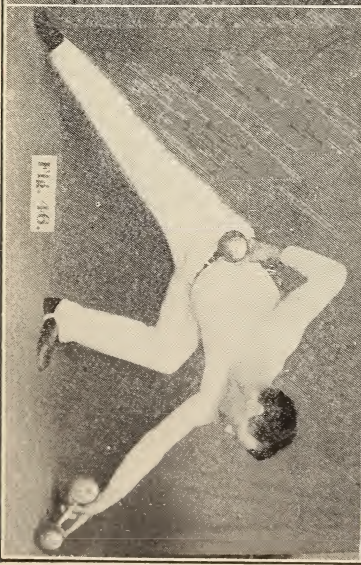


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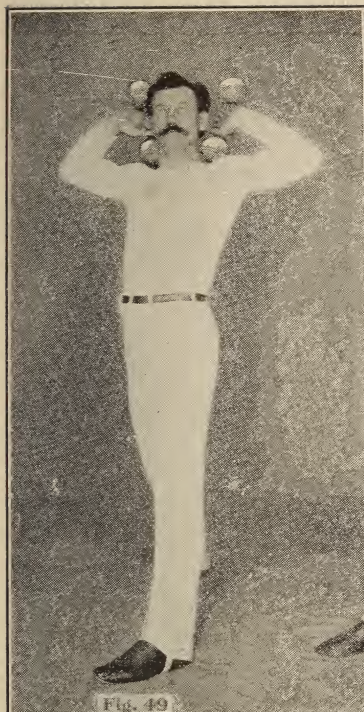


Fig. 49

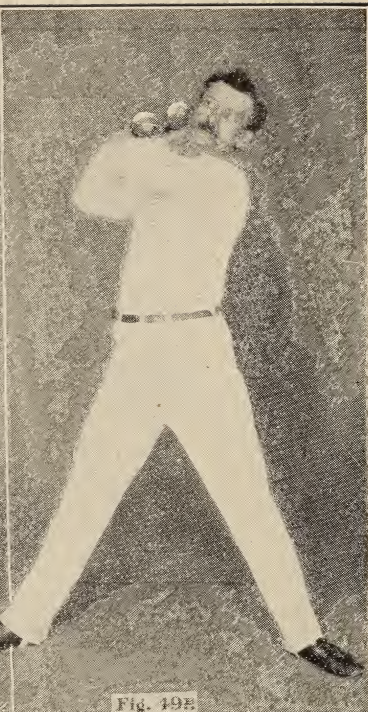


Fig. 49B



Fig. 51



Fig. 50

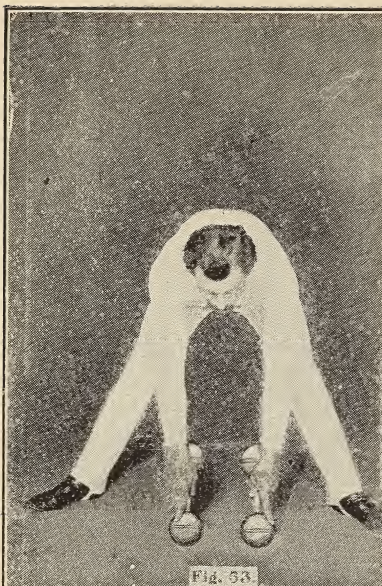


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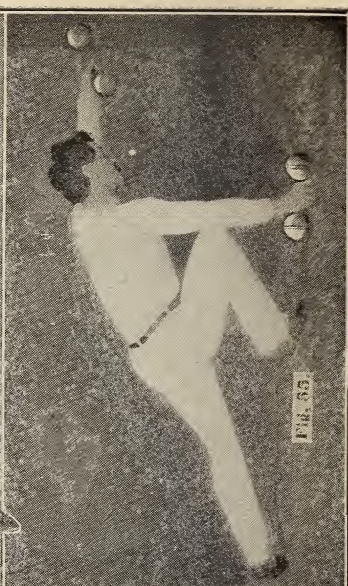


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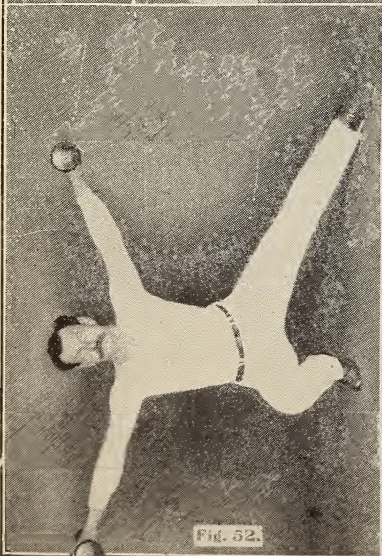


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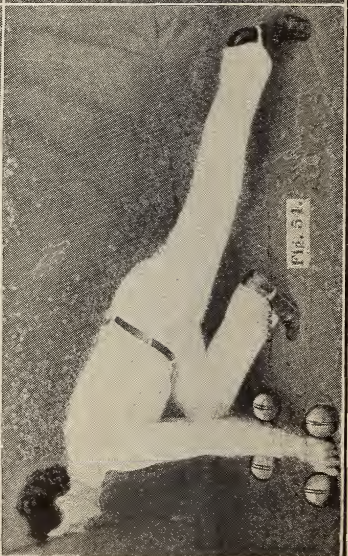


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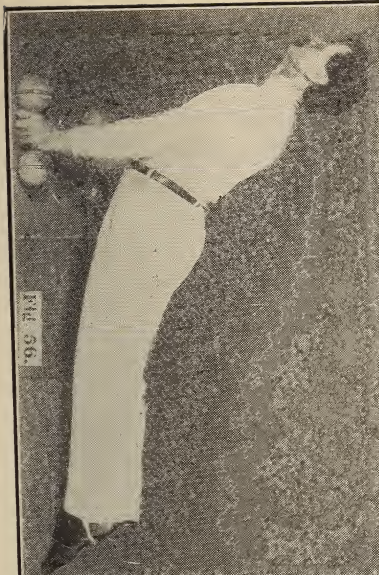


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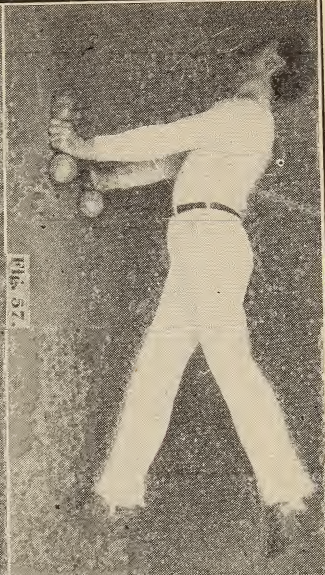


FIG. 57.



FIG. 58.



Fig. 59, Fig. 60.

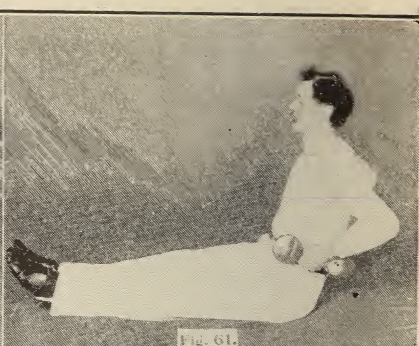
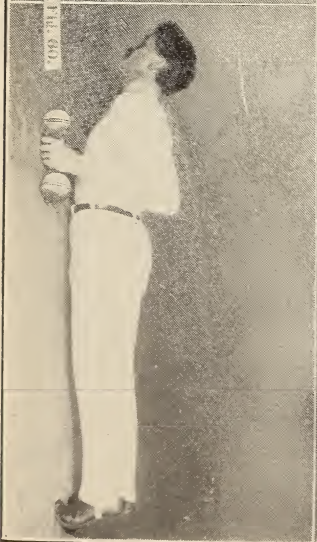


Fig. 61.



Fig. 62.

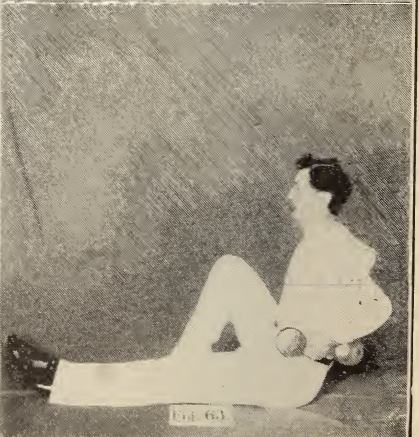


Fig. 63.

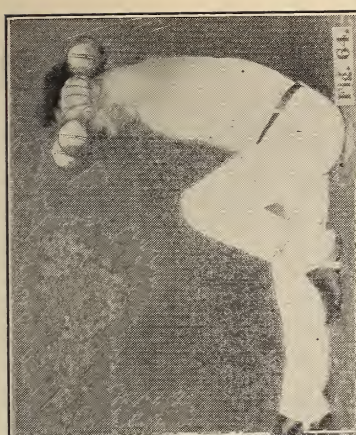


FIG. 64.



FIG. 65.



FIG. 67. FIG. 66.

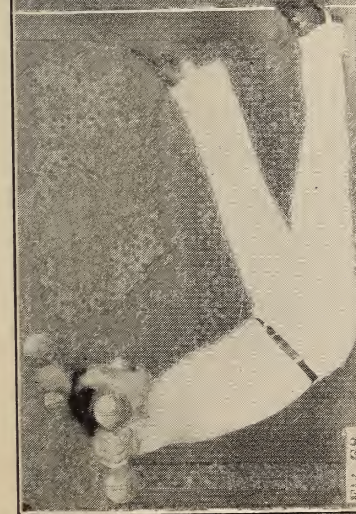
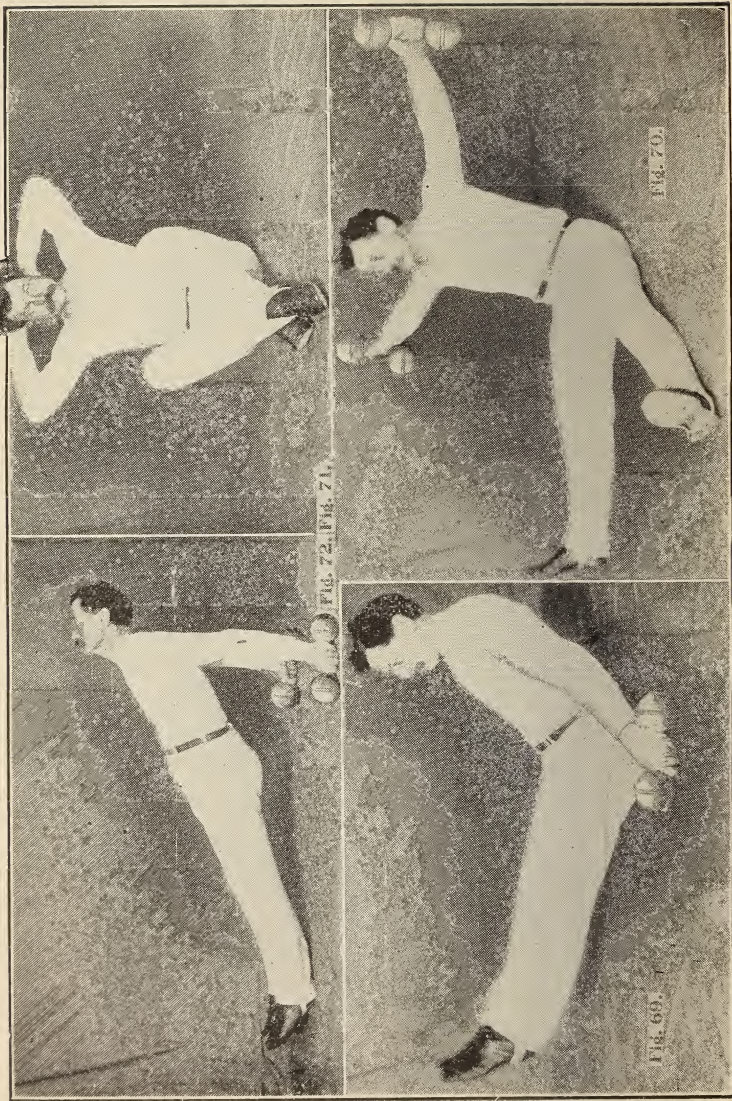


FIG. 68.



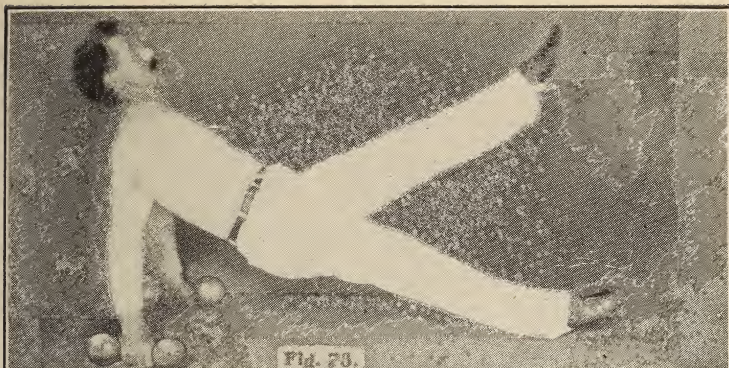


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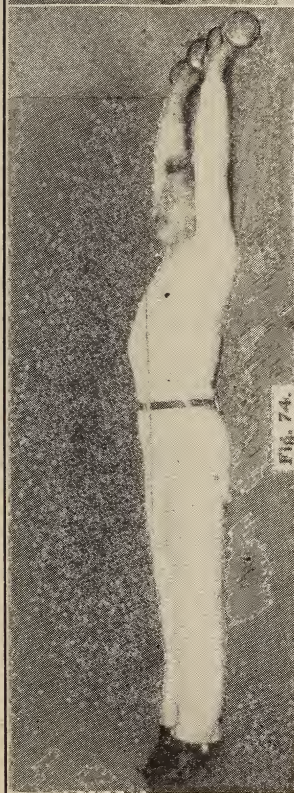


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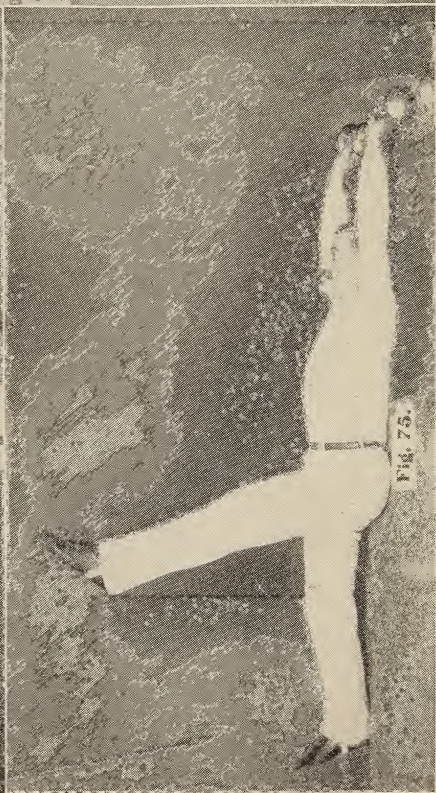


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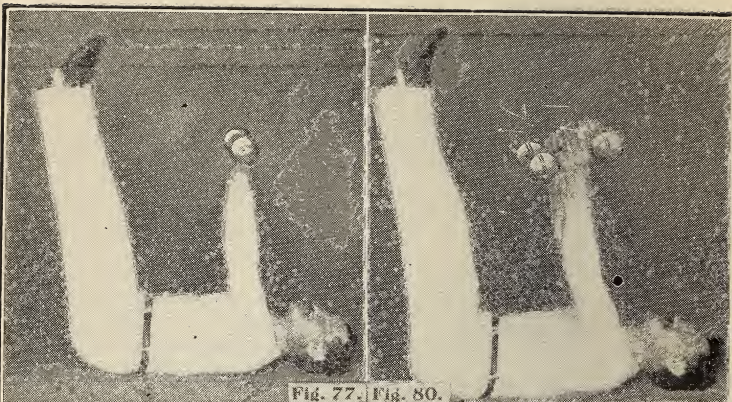


Fig. 77. Fig. 80.

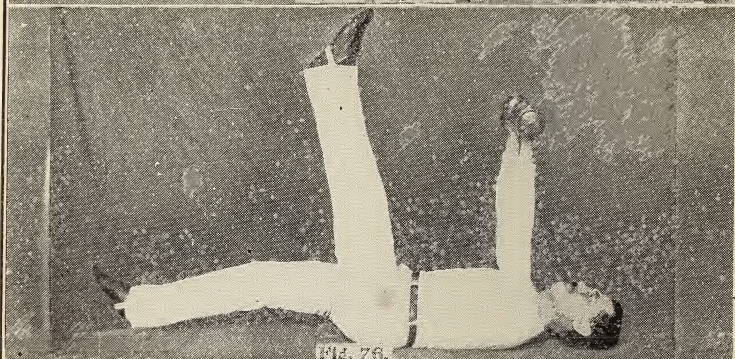
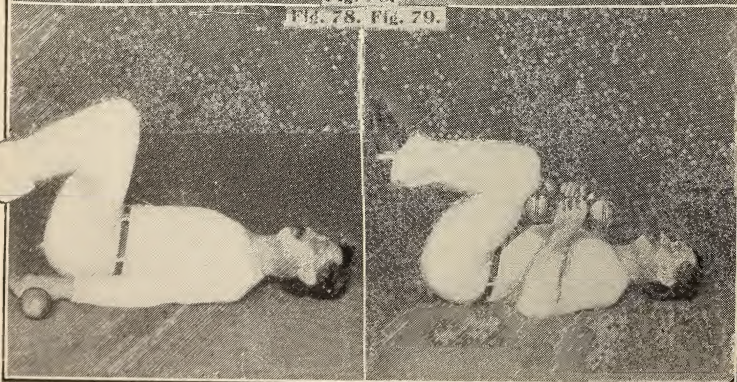


Fig. 78.

Fig. 78. Fig. 79.



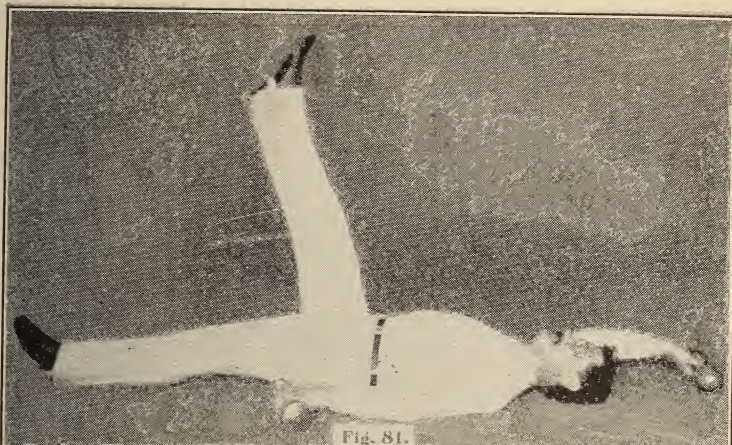


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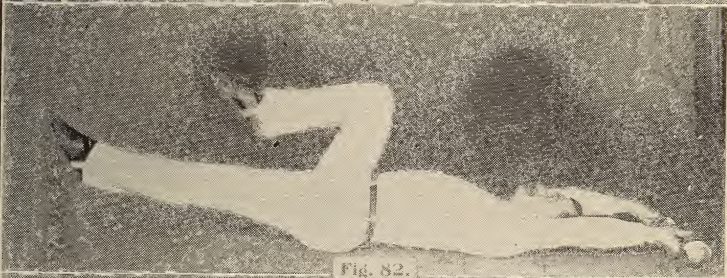


Fig. 82.



Fig. 83.

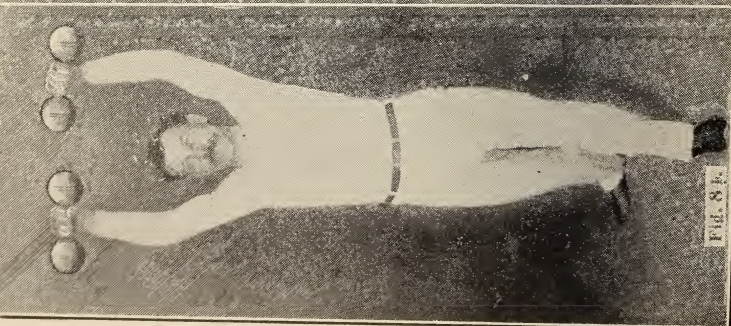


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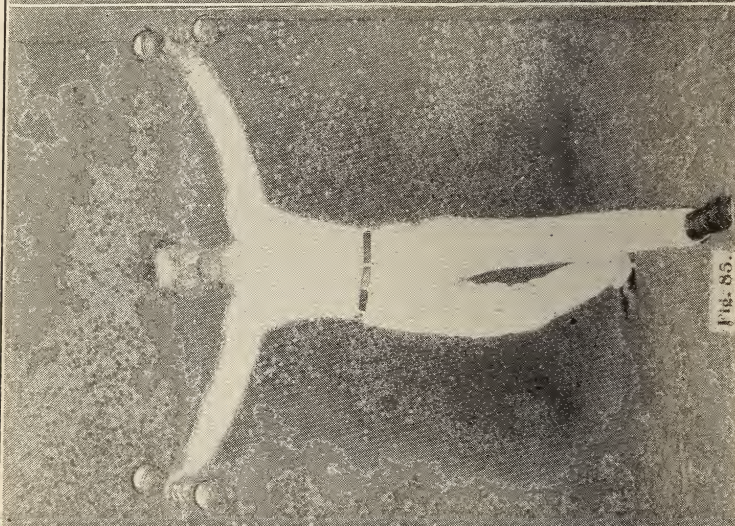


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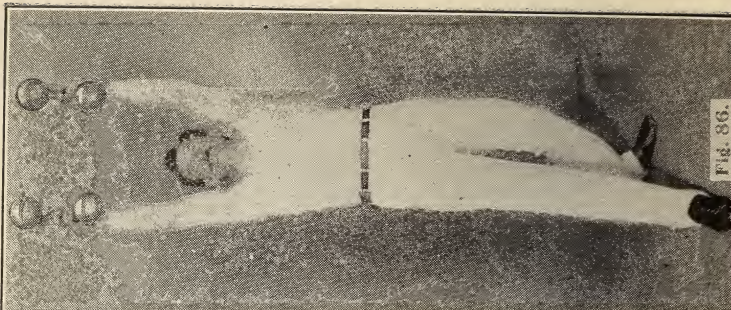


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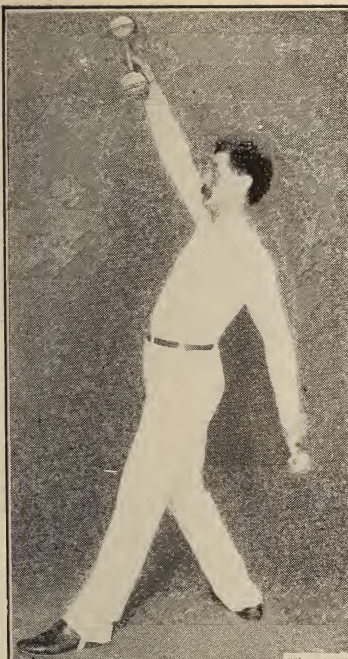


Fig. 89.

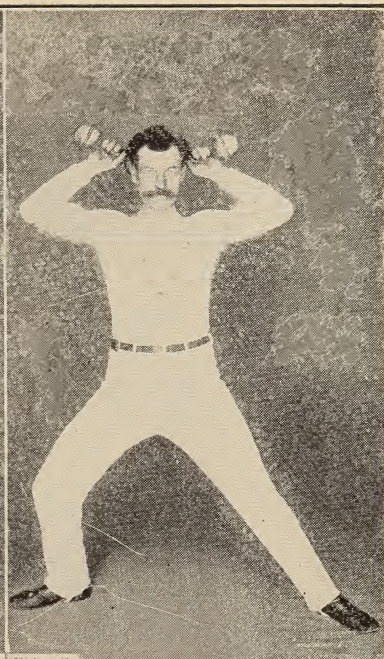


Fig. 88.



Fig. 90.



Fig. 87.



Fig. 91.

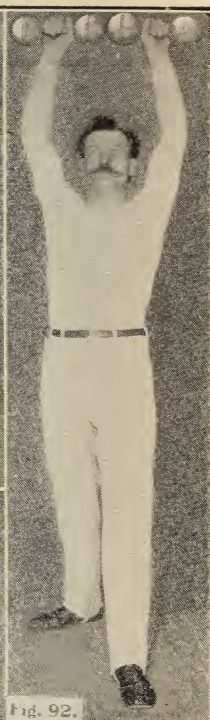


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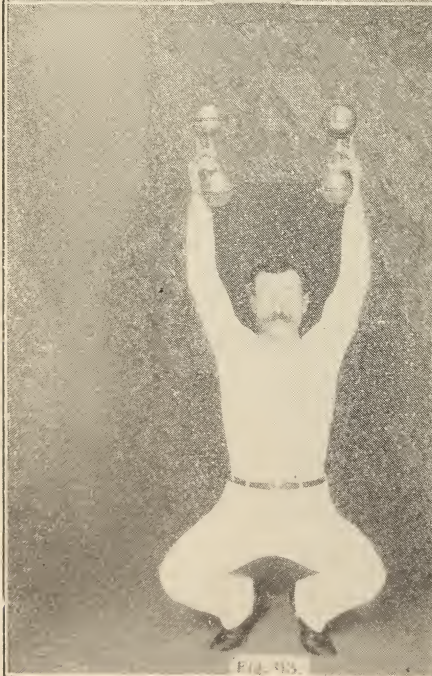


Fig. 93.



Fig. 94.

11. At the start rest in prone position and hold arms upright—lower arms sideways and bend knees upward—return to first position. (Fig. 78.)
12. At the start rest in prone position, bend arms and knees upward (Fig. 79), extend legs and raise arms upward (Fig. 80)—return to first position.
13. In prone position, hold arms at sides—raise left leg upright and left arm backward—return to first position. (Fig. 81.)

Repeat to the right side and with both legs and arms.

14. In prone position, hold arms over head, bend the right knee upward, change and bend the left knee upward and extend the right leg. Repeat, alternating. (Fig. 82.)
15. In prone position, raise legs and arms upward—lower arms sideways and stride the legs sideways—return to first position. (Fig. 83.)
16. In prone position, raise left, right or both legs upward and circle to left and right.

SERIES VII.

FIXED STARTING POSITIONS.

The starting position of each exercise is indicated at the outset. The exercise consists in changing from this position to the second position given and return. Each movement may be repeated a number of times with proper rest periods to relieve fatigue.

1. Lunge forward, left, and raise arms upward, bending wrists forward (Fig. 84), reverse lunge position and lower arms sideways, turning palms to the front (Fig. 85), return to first position—Return to starting position.
2. Lunge backward, left, and raise arms upward (Fig. 86), reverse lunge position, bend trunk forward and click bells between legs (Fig. 87), return to first position—return to starting position.
3. Lunge sideways, left, and raise arms sideways (see Fig. 37), reverse lunge position and click bells behind head (Fig. 88), return to first position—Return to starting position.

4. Lunge obliquely forward, left, raise left arm obliquely upward and hold right arm obliquely downward (see Fig. 39), reverse lunge position and change position of arms by forcibly swinging right arm up and left arm down (Fig. 89), return to first position—Return to starting position.

SERIES VIII.

KNEE BENDING AND ARM MOVEMENTS.

1. For starting position bend knees below right angle and place bells on shoulders (Fig. 90), jump to side stride position and extend arms sideways (see Fig. 17)—return to first position.
2. Bend knees and raise arms sideways (Fig. 91), jump to cross stride position, left foot forward and swing arms upward, clicking bells (Fig. 92)—return to first position.
3. Bend knees and raise arms upward (Fig. 93), jump to side stride position, bend trunk forward and touch bells to floor (Fig. 94)—return to first position.
4. Bend knees and raise arms forward (Fig. 95), straighten knees, extend left leg backward, balance on right leg and raise arms upward, bending wrists forward (Fig. 96)—return to first position.

5. On first count bend knees and place bells on hips (Fig. 97), lunge forward, left, extend right arm downward to rear, and hold left arm over right shoulder (see Fig. 45), kneel on right knee, extend left arm sideways and right arm upright (Fig. 98) —return to starting position.

Repeat to opposite side.

6. Bend knees and place bells on shoulders (see Fig. 90), lunge and bend trunk sideways, left, cross left arm in front of chest and raise right arm upright (Fig. 99), kneel on right knee and fold arms behind head (Fig. 100) —return to starting position.

Repeat to opposite side.

SERIES IX.

1. Lay-out step forward, left, and raise arms forward (Fig. 101), replace foot, move arms sideways and bend sideways, left (see Fig. 22), lunge sideways, left, raise left arm obliquely upward and lower right arm obliquely downward (Fig. 102)—return to starting position.

Repeat to opposite side.

2. Lay-out step sideways, left, and raise arms sideways (Fig. 103), replace foot, move arms forward and bend forward (Fig. 104), lunge forward, left, and raise arms upward, with bells vertical (see Fig. 36) return to starting position

Repeat to opposite side.

3. Raise left leg and arms forward (Fig. 105), lay-out step backward, left, and move arms sideways (Fig. 106), lunge sideways, left, raise right arm in circle above head, and hold left arm behind back (Fig. 107)—return to starting position.

Repeat to opposite side.

4. Raise left leg and arms sideways (see Fig. 31), lunge forward, left, and place bells on shoulders (Fig. 108), lay-out step backward, left, bend trunk forward, and touch bells to floor (Fig. 109)—return to starting position.

Repeat to opposite side.

5. Take cross step in front with left foot and fold arms in front of shoulders (Fig. 110), lunge sideways, left, and hold arms obliquely at sides, left up, right down (see Fig. 102), taken in opposite direction, cross lay-out step in rear with left foot, place right bell on hip and touch left bell to floor (Fig. 111)—return to starting position.

Repeat to opposite side.

6. Raise left leg and arm obliquely forward, upward, the right arm backward (Fig. 112 in opposite direction), lunge left obliquely backward outward and bend trunk backward, the right arm over head, the left behind the back (Fig. 113 in opposite direction), reverse lunge position and swing the left arm upward, place the right bell on floor (Fig. 114 in opposite direction)—return to starting position.

Repeat to opposite side.

7. Raise left sideways and arms oblique sideways upward (Fig. 115 in opposite direction), lunge sideways left and swing arms down and to right side ($\frac{3}{4}$ arm circle), bend trunk sideways (Fig. 116 in opposite direction), raise the left leg sideways and balance on right and swing the left arm ($\frac{1}{2}$ arm circle) down to oblique position (Fig. 117 in opposite direction)—return to starting position.

Repeat to opposite side.

8. Raise left leg sideways and place bells on shoulders vertical (Fig. 118), lay out step position sideways left and bend trunk sideways left, extending the left arm upward and place the right on hip (Fig. 119). Lunge obliquely forward left, extend the right arm forward upward and the left oblique backward (Fig. 120), arm positions as in Fig. 43)—return to starting position.

Repeat to opposite side.

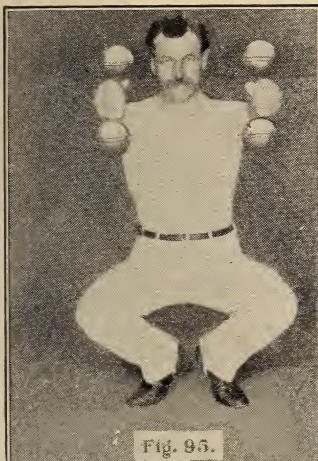


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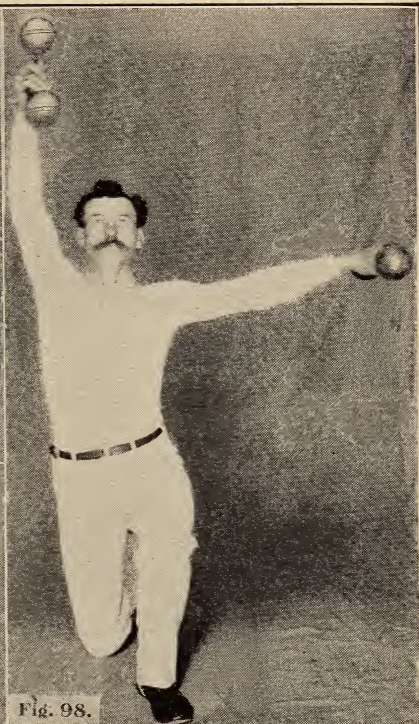


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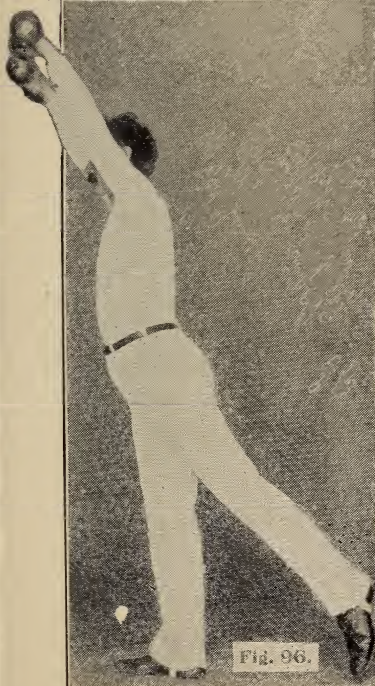


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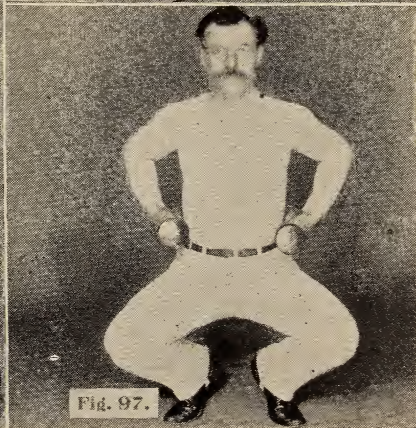


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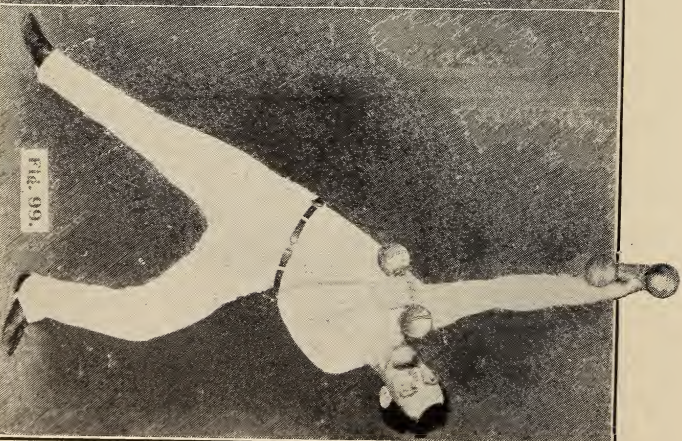


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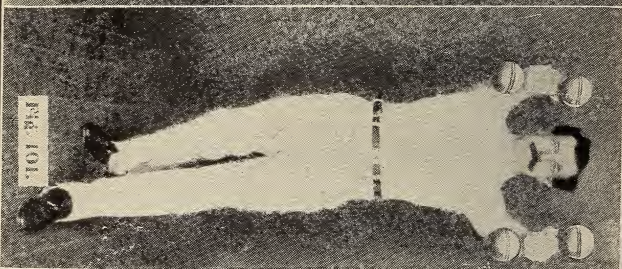


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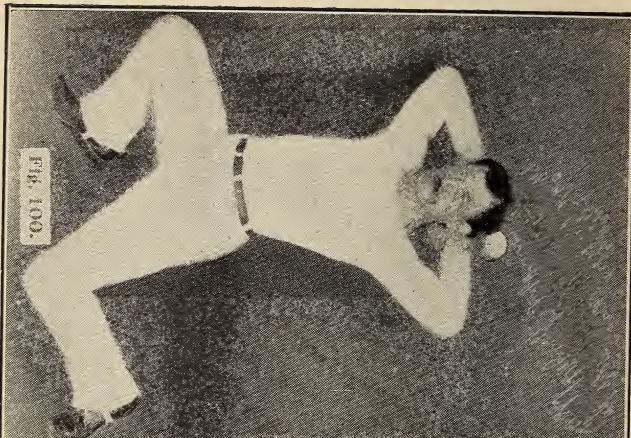


FIG. 100.

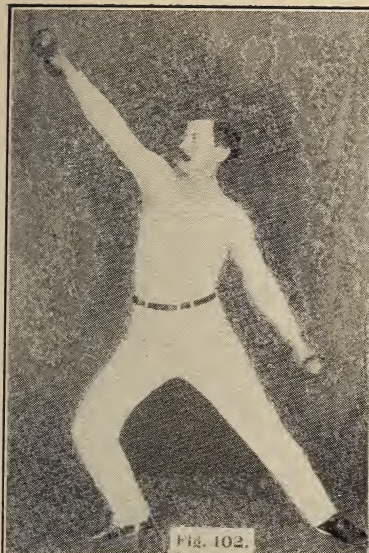


Fig. 102.



Fig. 104.

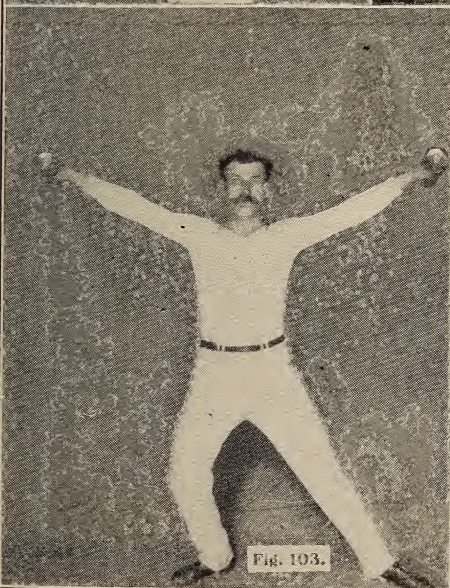


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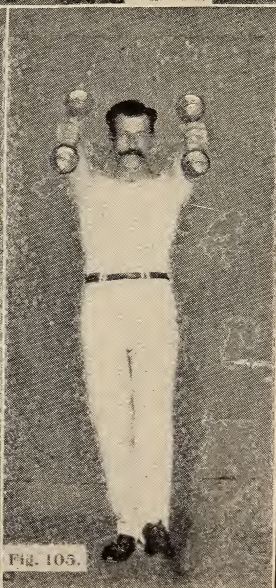


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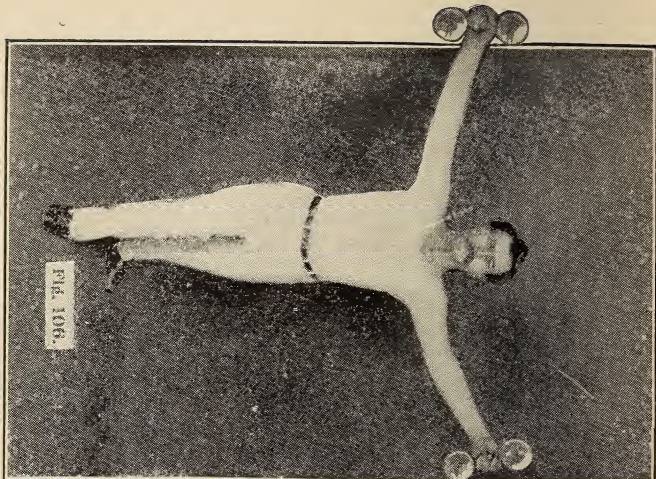


FIG. 106.



FIG. 107.

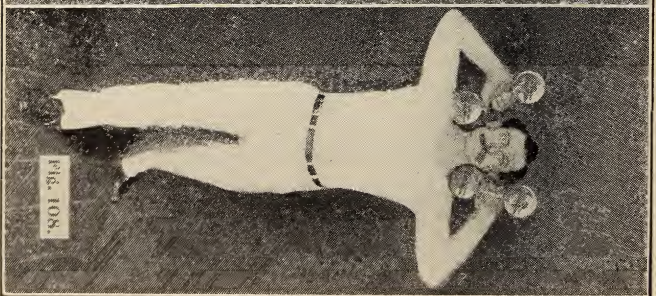


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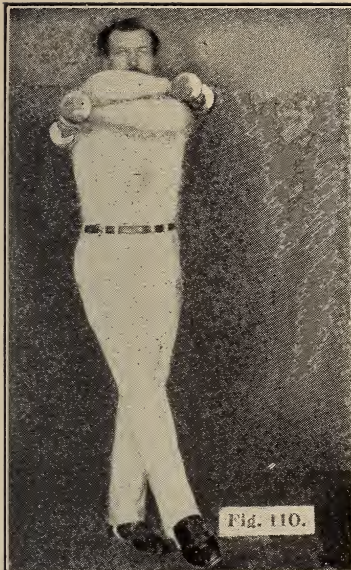


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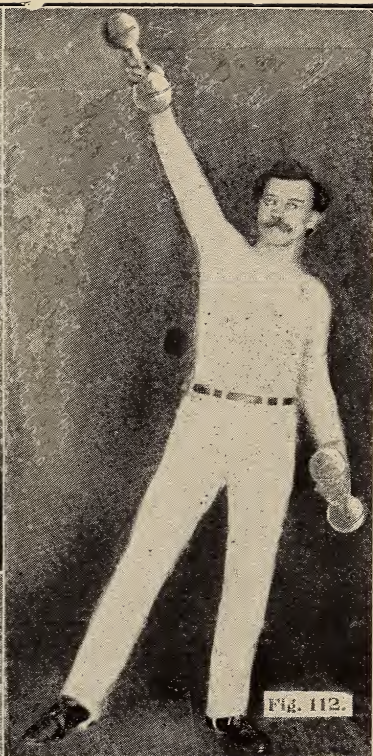


Fig. 112.



Fig. 113.

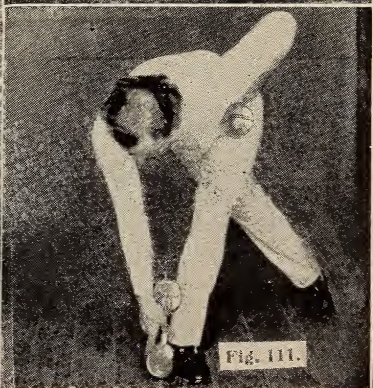


Fig. 114.

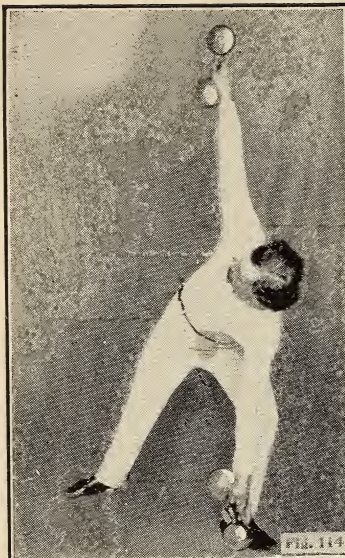


Fig. 114.



Fig. 115.

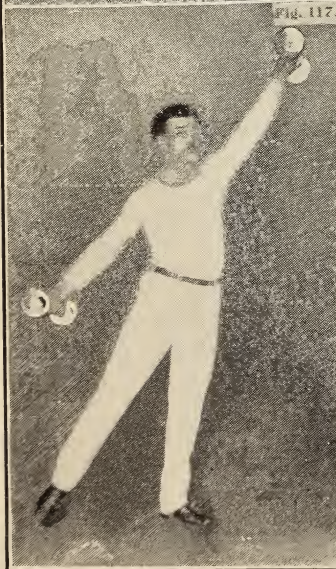


Fig. 117.

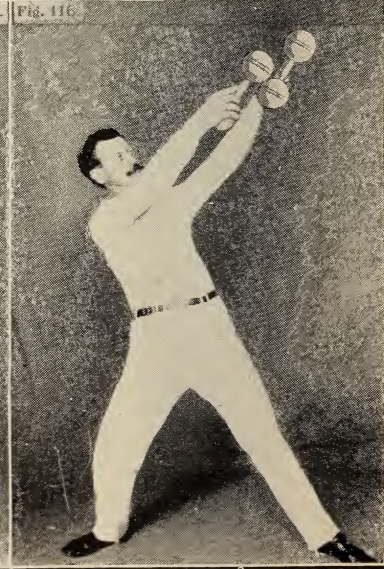


Fig. 116.

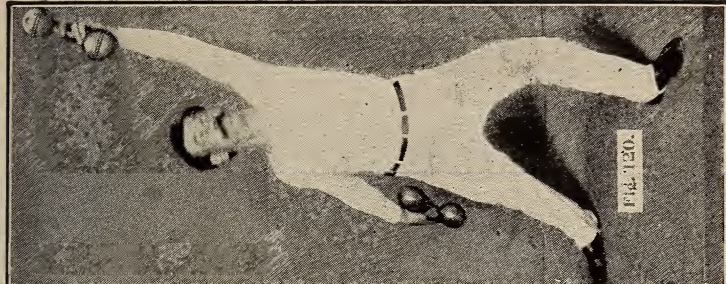


Fig. 120.



Fig. 119.

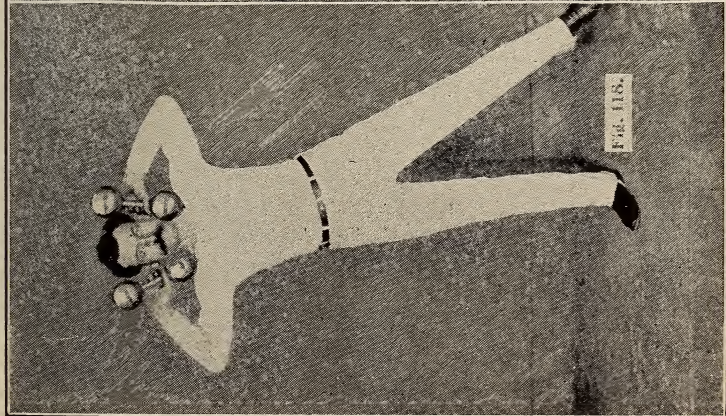


Fig. 118.



Fig. 1W.



Fig. 2W.



Fig. 3W.



Fig. 4W.



Fig. 5W.

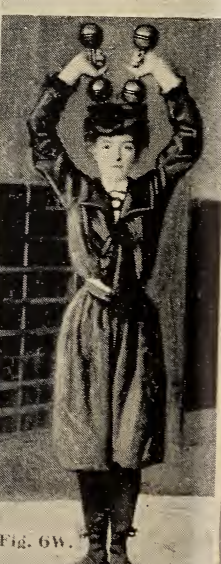


Fig. 6W.

SERIES I.

EXERCISES FOR WOMEN, CONSISTING OF MOVEMENTS SUITABLE FOR CLASS AND EXHIBITION USE.

For the most part, these exercises are performed in two counts. For the starting position, the dumb bells are placed on the hips. (Fig. 1*w.*)

1. Raise left arm to shoulder, with bell vertical and palm of hand to the front—return to starting position. (Fig. 2*w.*)

Repeat to the right and alternating.

2. Raise left arm over right shoulder—return. (Fig. 3*w.*)

Repeat to the right and alternating.

3. Raise left arm in circle above head, with bell vertical and resting on head—return. (Fig. 4*w.*)

Repeat to the right and alternating.

4. Extend left arm upward, with bell vertical—return. (Fig. 5*w.*)

Repeat to the right and alternating.

5. Raise both arms to circle above head, with bells vertical and resting on head—return. (Fig. 6*w.*)
6. Extend both arms upward with bells vertical—return. (Fig. 7*w.*)
7. Extend arms forward, horizontally—return. (Fig. 8*w.*)
8. Extend arms sideways, horizontally—return. (Fig. 9*w.*)
9. Extend arms backward—return.
10. Extend left arm forward and raise right arm to shoulder—return. (Fig. 10*w.*)

Repeat to the opposite side and alternating.

11. Extend left arm backward and raise right arm over left shoulder—return. (Fig. 11*w.*)

Repeat to the right and alternating.

12. Raise left arm to circle above head and extend right arm sideways—return. (Fig. 12*w.*)

Repeat to the right and alternating.

13. Extend left arm upward and raise right arm to shoulder—return. (Fig. 13*w.*)

Repeat to the right and alternating.

14. Extend left arm sideways and right arm upward—return. (Fig. 14*w.*)

Repeat to the right and alternating.

15. Extend left arm sideways and raise right arm to shoulder—flex left arm to shoulder and extend right arm sideways and alternate for several counts—return to starting position. (Fig. 15*w*, 16*w*.)
16. Extend left arm upward and raise right arm to shoulder—flex left arm to shoulder and extend right arm upward and alternate for several counts—return to starting position. (Fig. 17*w*.)

SERIES II.

1. On first count take side step position left and raise right arm to circle above head, with bell held vertically and resting on crown of head—on second count return to starting position.

Repeat to the right; also alternating left and right with both arms held in circle above head. (Fig. 18*w.*)

2. Take step position forward, left, and raise right bell to shoulder, vertically—return to starting position. (Fig. 19*w.*)

Repeat to the right; also alternating, raising both bells to shoulders.

3. Take step position backward, left, and cross right arm in front of body to left shoulder—return to starting position. (Fig. 20*w.*)

Repeat to the right; also alternate, crossing both arms before the body.

4. Take cross step position in front with left foot and extend right arm upward, with bell held ver-

tically—return to starting position. (Fig. 21*w.*)

Repeat to the right, extending left arm upward.

Repeat alternating left and right and extending both arms upward.

5. Take step position forward, left, and raise right to shoulder, bell vertically—return to starting position. (Fig. 22*w.*)
6. Take cross step position, left in front, and raise both arms to shoulders, bells vertically—return to starting position. (Fig. 23*w.*)

Repeat to the right and alternating.

SERIES III.

1. Take side step position left, bending right knee, extend left arm sideways and raise right arm to circle above head, with bells vertical—return to starting position. (Fig. 24*w.*)

Repeat to the right and alternating.

2. Take step position forward, left, bending right knee, extend left arm forward horizontally and raise right arm to shoulder, both bells being vertical—return to starting position. (Fig. 25*w.*)

Repeat to the right and alternating.

3. Take step position backward, left, bending right knee, cross left arm in front of body to right shoulder and extend right arm obliquely backward—return to starting position. (Fig. 26*w.*)

Repeat to the right and alternating.

4. Take cross step position in front with left foot, bending right knee, extend left arm upward and

raise right arm to shoulder—return to starting position. (Fig. 27*w.*)

Repeat to the right and alternating.

5. Take cross step position in rear with left foot, bending right knee, extend the right arm upward and raise left arm to shoulder—return to starting position. (Fig. 28*w.*)

Repeat to the right and alternating.

SERIES IV.

1. Bend trunk sideways, right, and raise left arm to circle above head—return to starting position. (Fig. 29*w.*)

Repeat to the right and alternating.

2. Bend trunk forward and place bells on shoulders vertically—return to starting position. (Fig. 30*w.*)

Bend trunk backward and fold arms in front—return to starting position. (Fig. 31*w.*)

Alternate forward and backward.

3. Twist trunk to the left, extend left arm upward and right arm forward—return to starting position. (Fig. 32*w.*)

Repeat to the right and alternating.

4. Bend trunk sideways, left, take side step position, left and raise right arm to circle above head—return to starting position. (Fig. 33*w.*)

Repeat to the right; also alternate, raising both arms to circle above head.

5. Bend trunk backward, take step position forward, left and fold arms before shoulders—return to

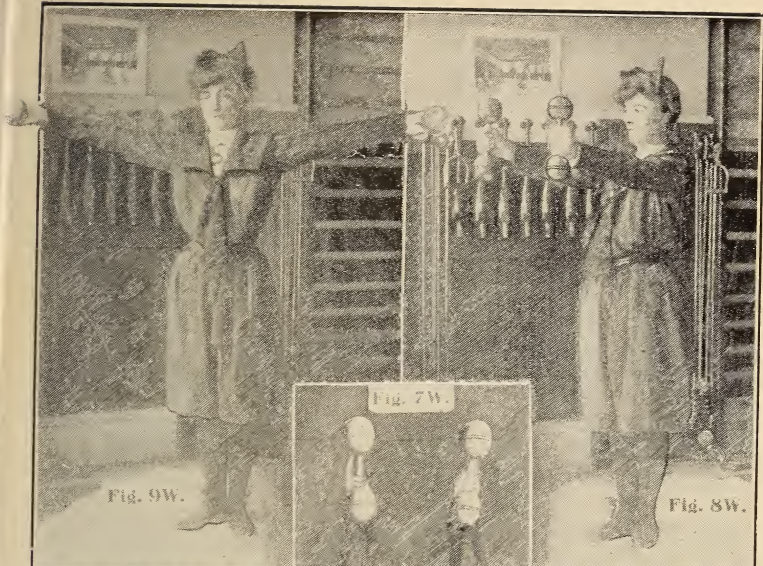


Fig. 9W.

Fig. 8W.



Fig. 7W.



Fig. 11W.



Fig. 10W.



Fig. 12W.



Fig. 15W.

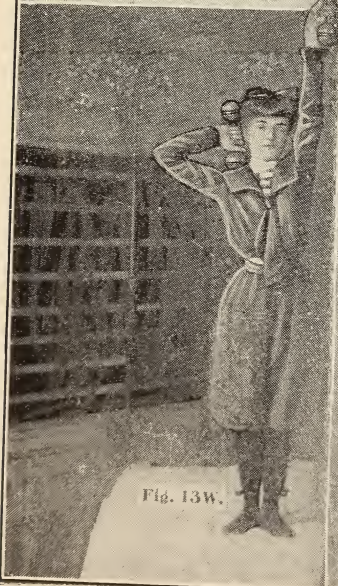


Fig. 13W.



Fig. 14W.



Fig. 19W.



Fig. 18W.



Fig. 17W.



Fig. 16W.



Fig. 23W.



Fig. 22W.



Fig. 20W.



Fig. 21W.

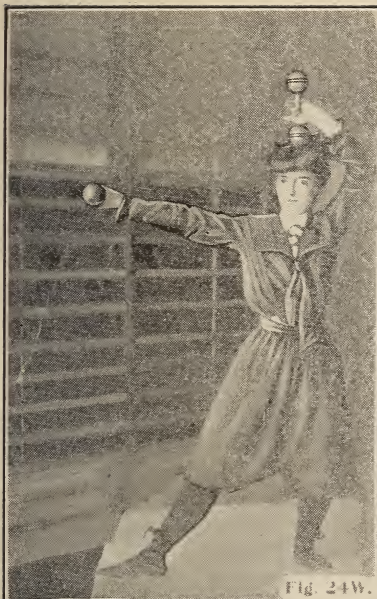


Fig. 24W. Fig. 25W.

Fig. 26W. Fig. 27W.





Fig. 29W.



Fig. 30W.



Fig. 28W.



Fig. 31W.

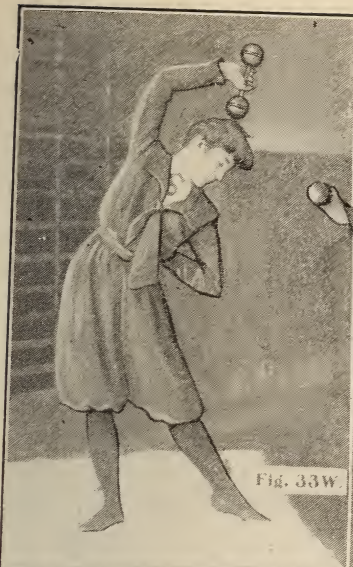


Fig. 33W.



Fig. 34W.

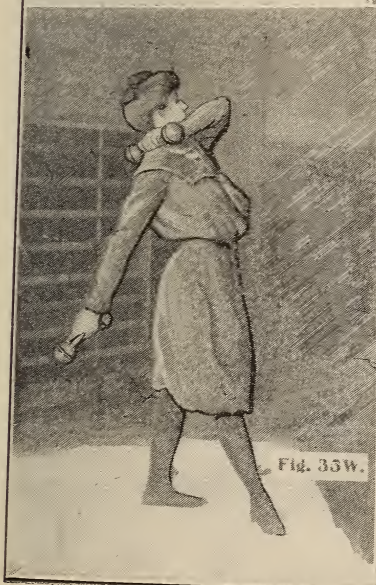


Fig. 35W.

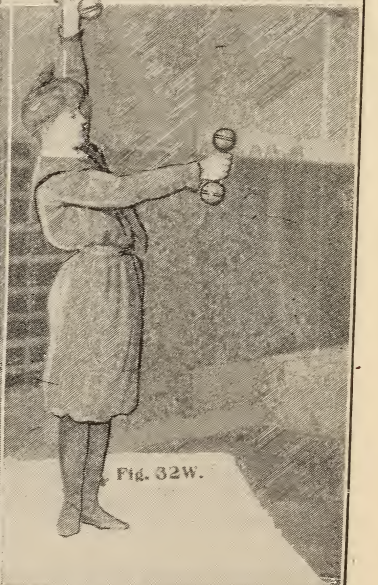


Fig. 32W.

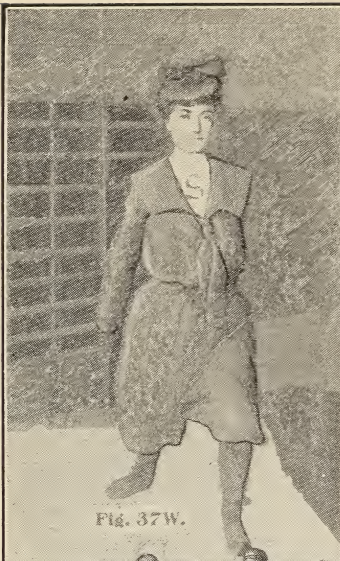


Fig. 37W.



Fig. 36W.

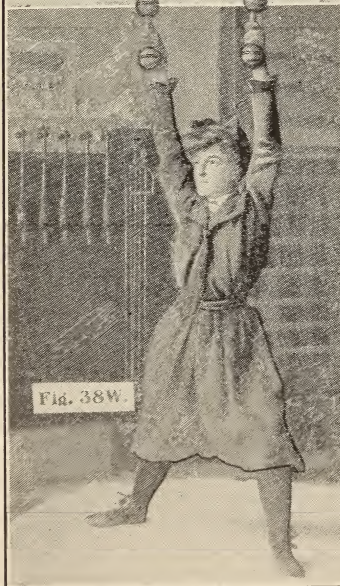


Fig. 38W.



Fig. 39W.

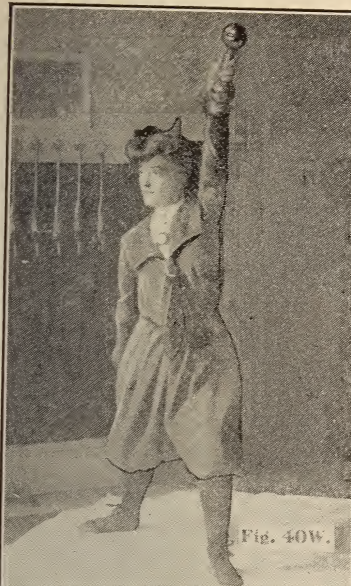


Fig. 40W.

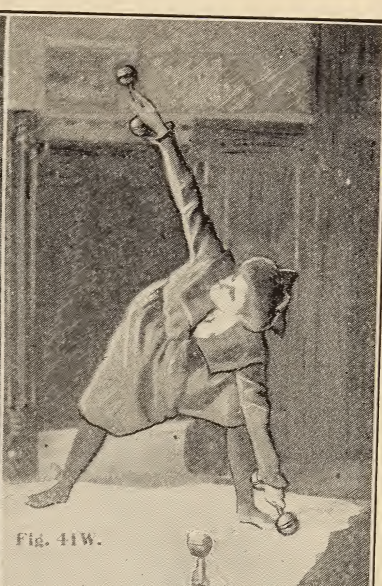


Fig. 41W.

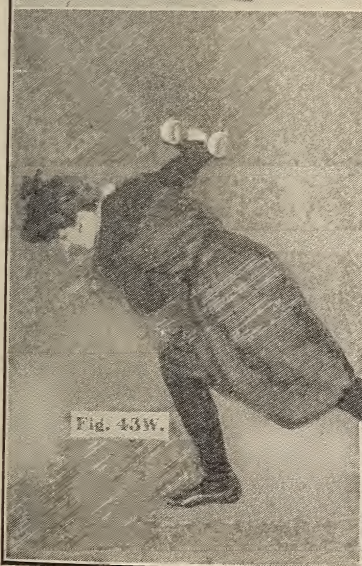


Fig. 43W.



Fig. 42W.

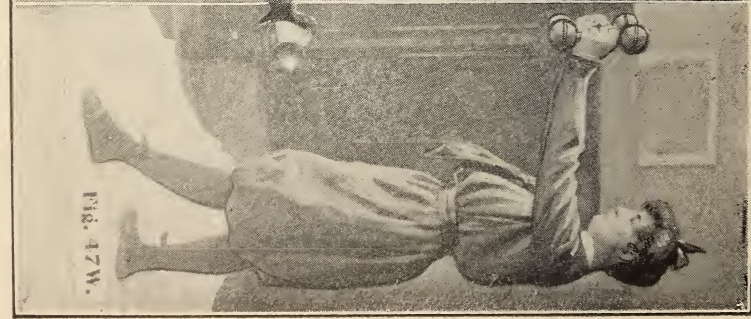
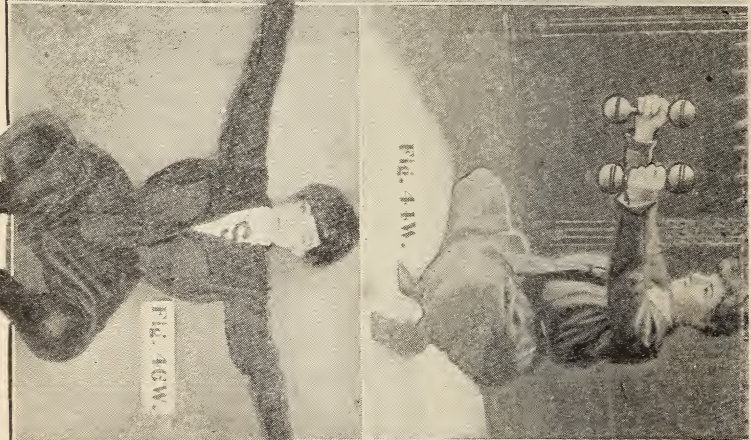




Fig. 48W.



Fig. 51W.



Fig. 50W.



Fig. 49W.

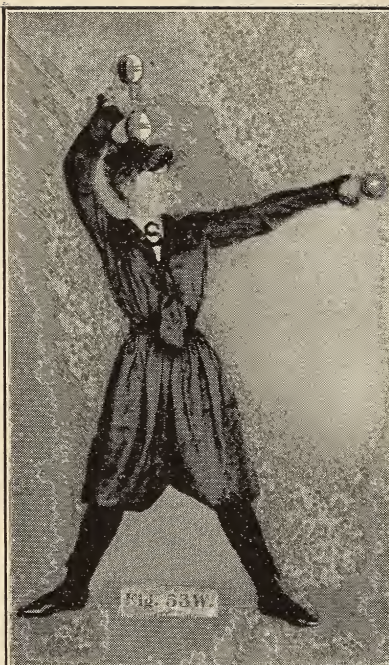


Fig. 53W.



Fig. 55W.



Fig. 54W.



Fig. 52W.

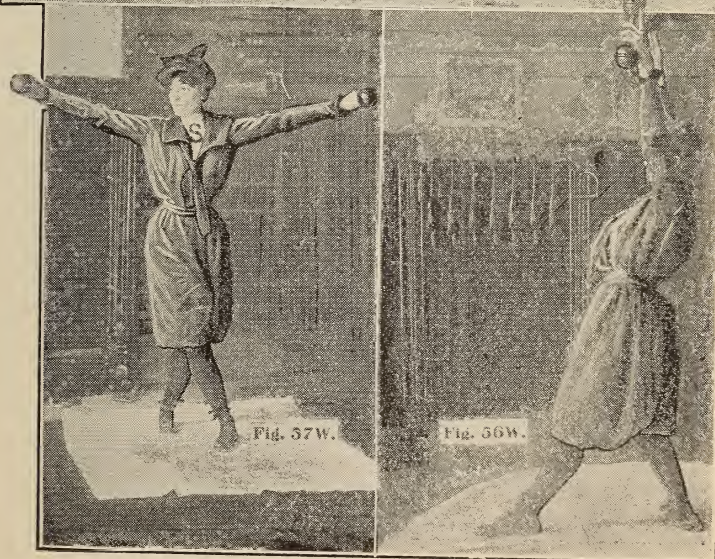




Fig. 60W.



Fig. 62W.



Fig. 63W.



Fig. 61W.

FIG. 68W.

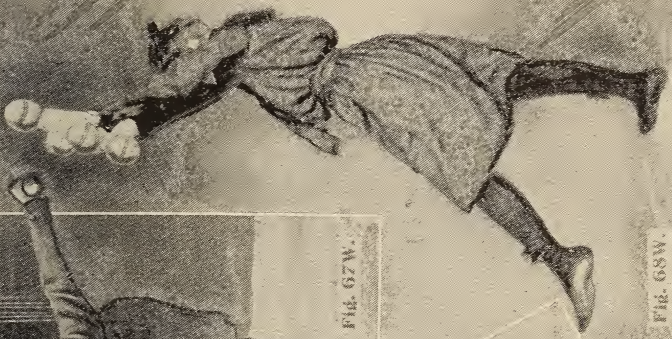


FIG. 67W.

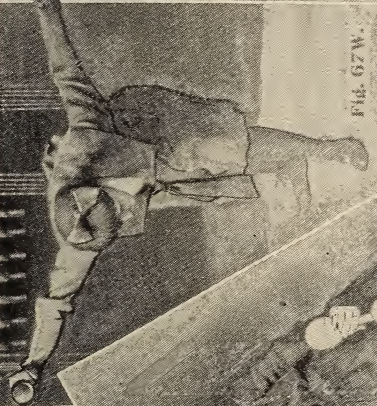


FIG. 69W.



FIG. 64W.





Fig. 70W.



Fig. 71W.

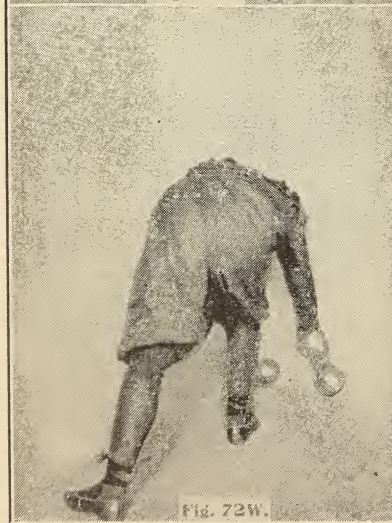


Fig. 72W.



Fig. 73

starting position. (See Fig. 31*w* with step position.)

Repeat to the right and alternating.

6. Bend trunk forward, take step position backward, left, raise left bell to shoulder and extend right arm sideways, right—return to starting position. (Fig. 34*w*.)

Repeat to the right and alternating.

7. Twist trunk left, bending backwards, take cross step position in rear with left foot, raise left forearm horizontally in front of face, and extend right arm obliquely backward—return to starting position. (Fig. 35*w*.)

Repeat to the right and alternating.

8. Bend trunk forward, take cross step position in front with left foot, cross left arm in front of body to right shoulder and extend right arm sideways—return to starting position. (Fig. 36*w*.)

Repeat to opposite side and alternating.

In the starting position of the following exercises, the dumb bells are placed on the shoulders vertically. Whenever the arm is extended from this position, the bell is turned by a twist of the hand so as to point in the direction which the arm takes.

SERIES V.

1. Charge forward, left, and swing arms downward and obliquely backward—return to starting position. (Fig. 37*w*.)

Repeat to the right and alternating.

2. Charge sideways, left, and extend arms vertically upward—return to starting position. (Fig. 38*w*.)

Repeat to the right and alternating.

3. Charge backward, left, and extend arms obliquely upward at sides—return to starting position. (Fig. 39*w*.)

Repeat to the right and alternating.

4. Charge obliquely forward, left, extend left arm upward and right obliquely backward—return to starting position. (Fig. 40*w*.)

Repeat to the right and alternating.

SERIES VI.

COMBINING LEG, TRUNK AND ARM MOVEMENTS.

1. Charge forward, left, bend trunk forward and swing arms downward and obliquely backward—return to starting position. (See Fig. 37*w*, but bend trunk forward.)

Repeat to the right and alternating.

2. Charge and bend trunk sideways, left, swing left arm obliquely sideways so that bell touches floor, and extend right arm vertically upward—return to starting position. (Fig. 41*w*.)

Repeat to the right and alternating.

3. Charge backward, left, bend trunk backward, raise right arm horizontally above head, with bell vertical, and cross left arm in rear of body—return to starting position. (Fig. 42*w*.)

Repeat to the right and alternating.

4. Charge obliquely forward, left, bend trunk forward, extend left arm sideways and hold right

arm on shoulder—return to starting position.
(Fig. 43*w*, in opposite direction,)

Repeat to the right and alternating,

The remaining exercises are performed in four counts.
At the start, the bells should be held down at the
sides,

SERIES VII.

1. Raise arms forward (see Fig. 8*w*), place bells on shoulders vertically (see Fig. 19*w*), extend arms sideways (see Fig. 9*w*)—return to starting position.
2. Raise arms sideways, with bells horizontal (see Fig. 9*w*), place bells on shoulders (see Fig. 19*w*), extend arms upwards (see Fig. 7*w*)—return to starting position.
3. Raise arms forward and bend knees (Fig. 44*w*), place bells on shoulders, straighten knees and rise on toes (Fig. 45*w*) extend arms sideways and lower heels (see Fig. 9*w*)—return to starting position.
4. Raise arms sideways and bend knees (Fig. 46*w*), place bells on shoulders, straighten knees and rise on toes (see Fig. 45*w*) extend arms upward and lower heels (see Fig. 7*w*)—return to starting position.

SERIES VIII.

1. Take stride position forward, left, and raise arms forward (Fig. 47*w*), bend left knee and place bells on shoulders, straighten knee and extend arms sideways (Fig. 48*w*)—return to starting position.

Repeat to the right and alternating.

2. Take stride position sideways, left, and raise arms sideways (Fig. 49*w*), bend left knee and place bells on shoulders, straighten knee and extend arms upward, with bells vertical (Fig. 50*w*)—return to starting position.

Repeat to the right and alternating.

3. Take stride position forward, left, and raise arms forward (see Fig. 47*w*), bend left knee, make $\frac{3}{4}$ arm circle sideways, right, ending with arms raised obliquely upward at sides and twist trunk to the right (Fig. 51*w*), straighten knee, twist trunk to the front, and raise bells to shoulders (see Fig. 19*w*)—return to starting position.

Repeat to the right and alternating.

4. Take stride position sideways and raise arms sideways (see Fig. 49*w*), bend left knee, bend trunk sideways, right, swing right arm in rear of body, and raise left arm to circle above head (Fig. 52*w*) straighten knee, raise right arm to circle above head and extend left arm sideways (Fig. 53*w*) — return to starting position.

Repeat to the right and alternating.

SERIES IX.

COMBINING LEG, TRUNK AND ARM MOVEMENTS.

1. Take side step position, left, and raise arms horizontally sideways, bells pointing outward (Fig. 54*w*), take cross step in front with left foot and place bells on head vertically (see Fig. 23*w*) charge sideways, left, and make double arm circle outward, ending with arms raised vertically upward (Fig. 55*w*)—return to starting position.

Repeat to the right and alternating.

2. Take step position obliquely forward, left, and raise arms upward (Fig. 56*w*), cross step position in rear with left foot and make $\frac{3}{4}$ arm circle inward, to side position (Fig. 57*w*), charge obliquely forward, left, and raise left arm to circle above head, right arm remaining extended at side (Fig. 58*w*)—return to starting position.

Repeat to the right and alternating.

3. Take side step position, left, bending right knee, and raise arms sideways (Fig. 59*w*), reverse charge

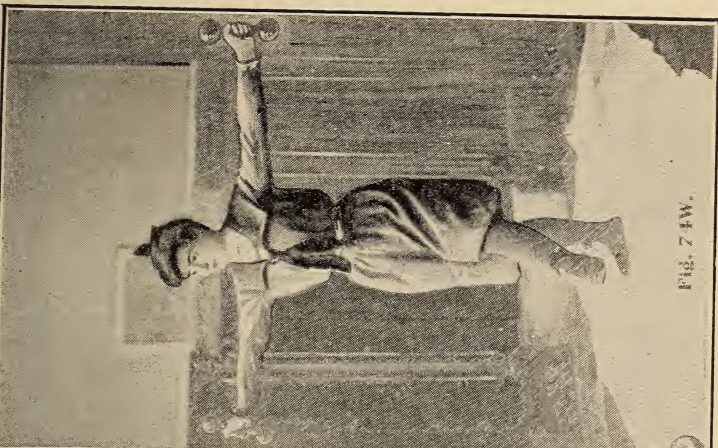


Fig. 74W.

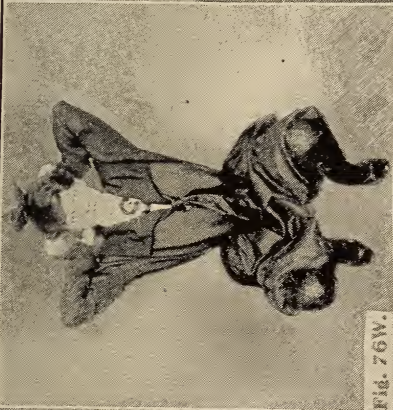


Fig. 76W.



Fig. 75W.

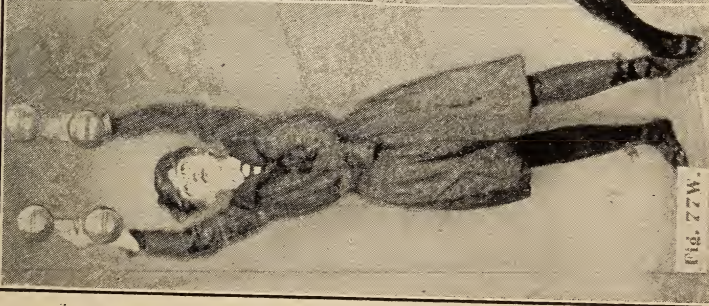


Fig. 77W.



Fig. 79W.



Fig. 78W.



Fig. 81W.



Fig. 80W.

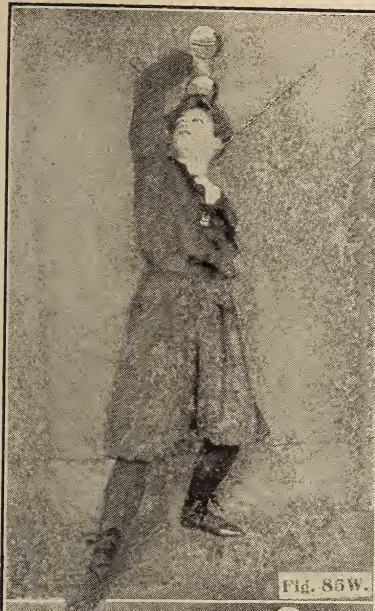


Fig. 85W.



Fig. 84W.



Fig. 82W.



Fig. 88W.



Fig. 87W.



Fig. 86W.

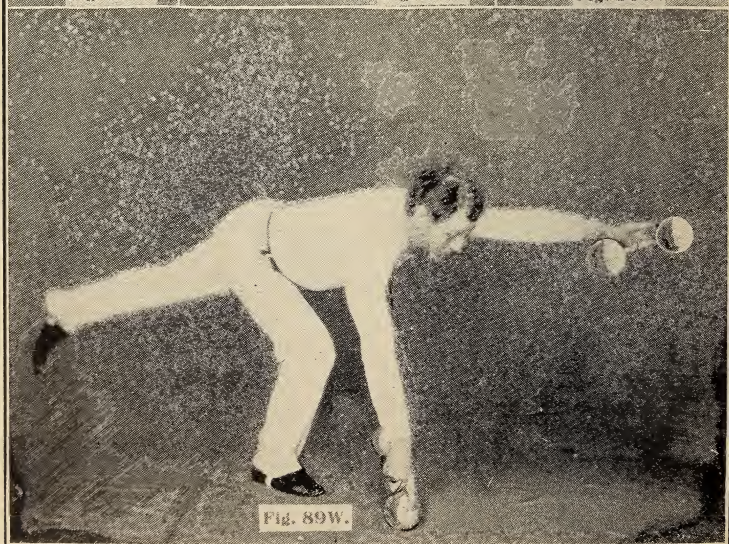


Fig. 89W.



Fig. 90W.



Fig. 92W.



Fig. 91W.



Fig. 93W.



Fig. 94W.



Fig. 95W.



Fig. 96W.



Fig. 97W.



Fig. 99W.



Fig. 98W.

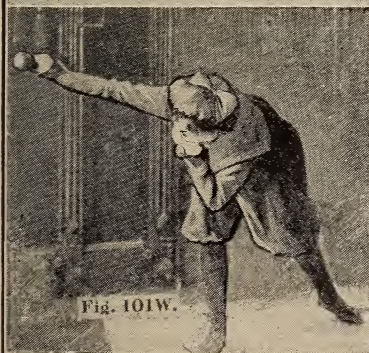


Fig. 101W.



Fig. 100W.

position, make $\frac{3}{4}$ arm circle outward, then bend trunk sideways, left, swing left arm down to rear of body, and hold right arm upward (Fig. 60*w* in opposite direction), balance on right leg and cross arms in front of shoulders (Fig. 61*w*)—return to starting position.

Repeat to the right and alternating.

4. Take cross step position backward with left foot, bending right knee and raise arms upward (Fig. 62*w*), charge sideways, left, make $\frac{3}{4}$ arm circle to left and bend trunk sideways, holding right arm in circle above head and left arm obliquely backward (Fig. 63*w*), balance on right leg, extending left leg sideways, and swing arms to left oblique position (Fig. 64*w*)—return to starting position.

Repeat to the right and alternating.

5. Take step position forward, left, bending right knee and raise arms upward (see Fig. 56*w*), reverse charge position, bend trunk forward, and make $\frac{3}{4}$ arm circle inward (Fig. 67*w*) from side position, make $\frac{3}{4}$ arm circle outward and balance on right leg, with arms raised upright (Fig. 68*w*)—return to starting position.

Repeat to the right and alternating.

SERIES X.

1. Lay-out step sideways, left, and raise left arm sideways and right arm to head with bell vertical (see Fig. 24*w* in opposite direction), make $\frac{1}{4}$ turn to right, swing right arm sideways and left arm across right shoulder, and bend trunk forward (see Fig. 43*w*), return to first position (see Fig. 24*w*)—return to starting position.

Repeat to the right and alternating.

2. Lay-out step forward, left, and raise left arm forward and right arm to shoulder with bell vertical (see Fig. 25*w*) turn right about, swing right arm backward, and raise left arm to shoulder with bell vertical (Fig. 69*w*), return to first position (see Fig. 25*w*)—return to starting position.

Repeat to the right and alternating.

3. Take cross-step in rear with left foot, raise left arm sideways and hold right arm across left shoulder, turning head to the right (see Fig. 26*w*), turn left about, place right bell on head vertically

and left bell on hip, and bend trunk sideways, left (Fig. 70*w*), return to first position (see Fig. 26*w*)—return to starting position

Repeat to the right and alternating.

4. Take cross step in front with left foot, raise left arm obliquely upward and right arm to shoulder with bell vertical and bend trunk backward (Fig. 71*w*), turn right about, swing arms upward, and bend trunk forward, touching bells to floor (Fig. 72*w*), return to first position (see Fig. 71*w*)—return to starting position.

Repeat to the right and alternating.

SERIES XI.

BALANCE MOVEMENTS.

1. Bend knees to right angle and cross arms in front of shoulders (Fig. 73*w*), straighten knees, raise left leg forward, balancing on right leg, and extend arms sideways, with bells horizontal and palms facing forward (Fig. 74*w*), charge forward, left, bend trunk forward, and swing arms forward so that bells strike floor (Fig. 75*w*)—return to starting position.

Repeat to the right and alternating.

2. Bend knees to right angle and cross arms in rear of head (Fig. 76*w*) straighten knees, raise left leg sideways, and extend arms upward, with bells vertical (Fig. 77*w*), charge and bend trunk sideways, left, swing left arm downward at side so as to strike bell on floor, and hold right arm in circle above head (Fig. 78*w*)—return to starting position.

Repeat to the right and alternating.

3. Raise left leg and both arms forward (Fig. 79*w*, but arms forward), replace foot, bend knees to right angle, and swing arm sideways (Fig. 80*w*), charge backward, left, bend trunk backward, hold right arm in second position, and cross left arm in front of body to right shoulder (Fig. 81*w*)—return to starting position.

Repeat to the right and alternating.

4. Raise left legs and both arms forward (see Fig. 79*w*), replace foot, bend knees to right angle and raise arms upward (Fig. 82*w*), charge obliquely forward, left, twist left, bend trunk forward and swing left arm down to side and right arm obliquely upward (Fig. 83*w*)—return to starting position.

Repeat to the right and alternating.

SERIES XII.

1. Balance-step forward, left, raise left arm obliquely upward and place right arm behind back, turning head to the right (Fig. 84*w*) charge obliquely backward, left, bend trunk backward, and place left arm behind back and right arm horizontally across forehead (Fig. 85*w*), kneel on left knee, swing left arm upward, place right bell on hip, and bend sideways, right (Fig. 86*w*)—return to starting position.

Repeat to the right and alternating.

2. Balance-step sideways, left, extend arms obliquely at sides, left up, right down (Fig. 87*w*); cross charge backward, left, fold arms in front of chest and bend trunk forward (Fig. 88*w*), touch right bell to floor, extend left arm forward and left leg backward horizontally (Fig. 89*w*)—return to starting position.

Repeat to the right and alternating.

3. Cross balance-step in front with left foot and extend left arm obliquely upward (Fig. 90*w*), charge obliquely backward, left, and cross left arm in front of right shoulder, extending right arm downward (Fig. 91*w*) turn left about charge obliquely forward, right, swing right arm upward and place left bell on hip (Fig. 92*w*)—return to starting position.

Repeat to the right and alternating.

4. Cross balance-step in rear with left foot, raise left arm in circle above head, extend right arm obliquely downward, and bend trunk sideways, right (Fig. 93*w*), charge obliquely backward, left, cross arms in front of shoulders, and bend trunk foreward (Fig. 94*w*), turn left about, charge sideways, right, bend trunk sideways, left, raise right arm in circle above head and place left bell on hip (Fig. 95*w*)—return to starting position.

Repeat to the right and alternating.

5. Raise left leg sideways, and bells to shoulders vertically (Fig. 96*w*), charge sideways, left, and extend arms sideways upward (Fig. 97*w*), cross step position backward, left, and swing the right

arm down and to left side, place the left on hip, turn head to right (Fig. 98*w*)—return to starting position.

Repeat to the right and alternating.

6. Raise left leg and arms sideways (Fig. 99*w*), bend left knee upward and place bells vertically on shoulders (Fig. 100*w*), step position obliquely backward, left, bending right knee, extend the right arm sideways, the left over right shoulder and bend trunk forward (Fig. 101*w*)—return to starting position.

Repeat to the right and alternating.

NOTE.

Series Nos. 5 and 6 are especially adapted for home exercise and are suitable to the needs of both men and women. These exercises produce good respiration and circulation if vigorously done.

The abdominal exercises are an important factor for constipated people and seldom fail to show good results when practiced regularly.

It is advisable for men to use iron dumb bells of 5 pounds each after a short period with the wooden bells, but the wooden dumb bells are sufficiently heavy for women.

Begin your exercises with a stationary run of about a half minute's duration, followed with deep breathing from 8 to 10 times. Close your series in the same manner (see Fig. 13). After the exercises there should always follow a bath or a rub-down.

ACCEPT NO
SUBSTITUTE

THE SPALDING

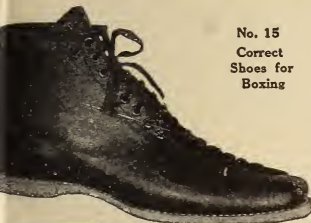


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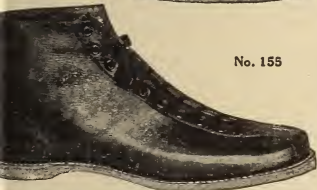
GUARANTEES
QUALITY

SPALDING GYMNASIUM SHOES

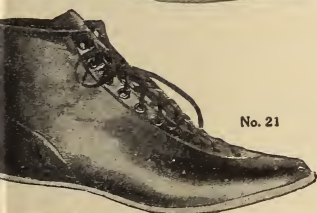
Gymnasium Shoes must be comfortable and easy, yet fit snugly and give the wearer a sure footing—they must also be durable. Spalding Gymnasium Shoes possess all of these good qualities and, in addition, are reasonable in price.



No. 15
Correct
Shoes for
Boxing



No. 155



No. 21



No. 133



No. 15. High cut, kangaroo uppers, genuine elk-skin soles. Will not slip on floor; extra light. The correct shoes to wear for boxing. Pair, \$5.00

No. 155. High cut, elk-skin soles, and will not slip on floor; soft and flexible, women's and men's sizes. . . . Pair, \$4.50

No. 166. Low cut, selected leather, extra light and electric soles; men's sizes only.

Pair, \$3.00

No. 66L. Women's. Low cut, extra light, selected leather uppers. Electric soles. . . . Pair, \$3.00

No. 90L. Women's. Low cut, black leather, electric soles and corrugated rubber heels. Pair, \$2.50

No. 21. High cut, black leather, electric soles. Sewed and turned, which makes shoes extremely light and flexible.

Pair, \$2.50

No. 20. Low cut. Otherwise as No. 21 Sewed and turned shoes.

Pair, \$2.00

No. 20L. Women's. Otherwise as No. 20. Sewed and turned shoes.

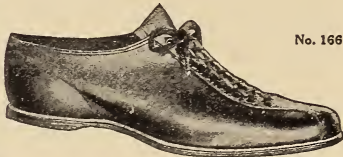
Pair, \$2.00

Spalding Special Bowling Shoes No. 133. Best selected drab chrome tanned leather uppers with corrugated rubber soles and flexible shank. A perfect bowling shoe and very satisfactory also for general gymnasium use.

Pair, \$4.50

No. 148. For bowling and general gymnasium use. Light drab chrome tanned leather uppers with electric soles. Laces extremely low down.

Pair, \$3.50



No. 166



No. 66L



No. 90L



No. 20



No. 148
Bowling
Shoe

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SPALDING CANVAS TOP GYMNASIUM AND BASKET BALL SHOES

No. HH. High cut, white canvas uppers. Sole surface is similar to our popular gymnasium shoes, but of white, best quality rubber, twice as thick as on rubber sole canvas gymnasium shoes.
Men's sizes, 6 to 12, inclusive.

Pair, \$2.25 ★ \$24.30 Doz.

No. HHB. Boys', 2½ to 5½, inclusive. Otherwise same as No. HH.

Pair, \$2.00

★ \$21.60 Doz.

No. HHX. Youths', 11 to 2, inclusive. Otherwise same as No. HH.

Pair, \$1.80

★ \$19.44 Doz.

No. H. Men's, same as No. HH, but low cut. Sizes, 6 to 12, inclusive.

Pair, \$2.00

★ \$21.60 Doz.

No. HB. Boys'. 2½ to 5½, inclusive. Otherwise as No. H.

Pair, \$1.75 ★ \$18.90 Doz.

No. HX. Youths', 11 to 2, inclusive. Otherwise as No. H.

Pair, \$1.60 ★ \$17.28 Doz.

Spalding Canvas Shoes, with Rubber Soles

MEN'S—Sizes, 6 to 12, inclusive.

No. IH. High cut, best quality white rubber soles. Men's, white canvas; women's, black. Pair, \$1.75 ★ \$18.90 Doz.

No. I. Low cut. Otherwise as No. IH. Pair, \$1.50 ★ \$16.20 Doz.

No. M. High cut. Pr., .90 ★ 9.72 "

No. K. Low cut. " .80 ★ 8.64 "

YOUTHS'—Sizes, 11 to 2, inclusive.

No. IHX. High cut, best quality white rubber soles. Youths', white canvas; misses', black. Pr., \$1.40 ★ \$14.12 Doz.

No. IX. Low cut. Otherwise same as No. IHX. Pair, \$1.25 ★ \$13.50 Doz.

No. MX. High cut. .80 ★ 8.64 "

No. KX. Low cut. .70 ★ 7.56 "

BOYS'—Sizes, 2½ to 5½, inclusive.

No. IHB. High cut, best quality white rubber soles. Boys', white canvas; girls', black. . . . Pair, \$1.60 ★ \$17.28 Doz.

No. IB. Low cut. Otherwise same as No. IHB. Pair, \$1.50 ★ \$16.20 Doz.

No. MS. High cut. Pr., .85 ★ 9.18 "

No. KB. Low cut. " .75 ★ 8.10 "



No. L
Splicing
Shoe

Spalding Clog Shoes

No. 1-0. Goatskin uppers. Specially seasoned wood soles. . . . Pair, \$4.00

Spalding Fencing Shoes

No. L. Drab Glove Leather, red trimmings. Not carried in stock. Specify on order if to be made with or without toe extension sole, and on which shoe. Pair, \$5.00

No. LW. Women's. Otherwise same as No. L. . . . Pair, \$5.00



No. 1-0
Clog Shoe

Gymnasium and Acrobatic Shoes

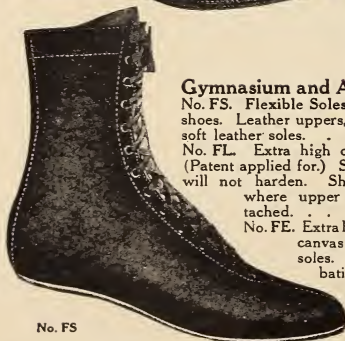
No. FS. Flexible Soles. Special acrobatic shoes. Leather uppers, very high cut, and soft leather soles. . . . Pair, \$3.00

No. FL. Extra high cut acrobatic shoes. (Patent applied for.) Special leather soles, will not harden. Shoes are reinforced where upper and sole are attached. . . . Pair, \$1.50

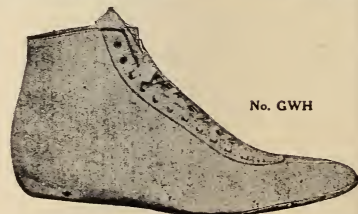
No. FE. Extra high cut, best quality canvas shoes with leather soles. Especially for acrobatic work. Pair, \$1.25

★ \$13.50 Doz.

No. E. Low cut canvas, canvas soles. Pair, 35c.



No. FS



No. GWH

No. GWH. High cut. Special pearl colored leather. Flexible soles. Well made. . . . Pair, \$1.50

No. GW. Low cut, otherwise as No. GWH. " 1.25

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SPALDING KNIT ATHLETIC SHIRTS



No. 600. Each, \$1.25

STOCK SIZES;
26 to 46 inch chest



No. 600S. Each, \$1.50

SPECIAL ORDERS

All shirts listed on this page we furnish in any colors on special order, at no extra charge. No more than two colors in any striped garment.



No. 600D. Each, \$2.00

Spalding Sleeveless Shirts

No. 600. Worsted. Carried in stock in Gray, White, Navy Blue, Maroon, and Black. Each, \$1.25 ★ \$13.50 Doz.
No. 6E. Sanitary cotton. Bleached White, Navy Blue, Black, Maroon or Gray. . . . Each, 50c. ★ \$5.40 Doz.

Spalding Quarter Sleeve Shirts

No. 601. Worsted. Carried in stock in Gray, White, Navy Blue, Maroon, Black. Each, \$1.50 ★ \$16.20 Doz.
No. 6F. Sanitary cotton. Bleached White, Navy Blue, Black, Maroon or Gray. . . . Each, 50c. ★ \$5.40 Doz.

Spalding Rowing Shirt

No. YR. Sanitary Cotton. Quarter sleeve. Supplied in White with any color silk binding around neck and sleeves and down front. On special order only. Each, \$1.25 ★ \$13.50 Doz.

Spalding Sleeveless Shirts

No. 600S. Worsted, with 6-inch stripe around chest, carried in stock in following combinations of colors: Navy with White stripe, Black with Orange stripe, Maroon with White stripe, Black with Red stripe, Gray with Cardinal stripe. Each, \$1.50 ★ \$16.20 Doz.
No. 6ES. Sanitary cotton, solid color body, with 6-inch stripe around chest, in same combinations of colors as No. 600S. . . . Each, 75c. ★ \$8.10 Doz.

Woven Necklace on Shirts

Nos. 600, 601 or 600S Shirts, on special orders only, with necklace stitched on of different color to body of shirt, for an extra charge of \$1.00 per garment.

Spalding Shirts, with Sash

No. 600D. Worsted, sleeveless, with woven sash of any color. Not carried in stock. . . Each, \$2.00 ★ \$21.60 Doz.
No. 6WD. Sanitary cotton, sleeveless, with woven sash. Same combinations of colors as No. 600S. Not carried in stock. . . Each, \$1.25 ★ \$13.50 Doz.
No. 6ED. Sanitary cotton, sleeveless, solid color body, with sash stitched on. Same combinations of colors as No. 600S. . . Each, 75c. ★ \$8.10 Doz.

Spalding Full Sleeve Shirts

No. 602. Good quality worsted. Solid colors. Special order only. Not carried in stock. . . Each, \$2.00 ★ \$21.60 Doz.
No. 3D. Cotton. Flesh, White, Black. Each, \$1.00 ★ \$10.80 Doz.



No. 601NV. Each, \$1.75

No. 601NV. Worsted. Quarter sleeves. V-neck. With stripes around neck and sleeves. Supplied on special orders only, one color body, two colors striping (any colors). Each, \$1.75 ★ \$19.20 Doz.
No. 601N. Same as No. 601NV, but round instead of V-neck. Special orders only. . . Each, \$1.75 ★ \$19.20 Doz.



No. 600V. Each, \$1.25

No. 600V. Worsted. Sleeveless. V-neck. Supplied on special orders only, any color. . . Each, \$1.25 ★ \$13.50 Doz.
No. 600NV. Same as No. 600V, but any two colors striping around neck. Special orders only. Each, \$1.50 ★ \$16.20 Doz.
No. 600N. Same as No. 600NV, but round instead of V-neck. Special orders only. . . Each, \$1.50 ★ \$16.20 Doz.



No. 12L. Each, \$2.50

Spalding Leotards

For Gymnasium Use, Wrestling, etc.

No. 12L. Combining athletic shirt and trunks. Good quality worsted. Not carried in stock. Supplied on special orders only in any color. Each, \$2.50

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SPALDING TIGHTS, TRUNKS AND WRESTLING EQUIPMENT



No. 604

Spalding Knee Tights

No. 604. Good quality worsted. Stock colors: Gray, White, Navy Blue, Maroon, and Black. Pair, \$1.25
★ \$13.50 Doz.

No. 4B. Sanitary cotton. Bleached White, Navy Blue, Black, Maroon or Gray. Pair, 50c.
★ \$5.40 Doz.



No. 1A

Spalding Full Length Tights

No. 1A. Best worsted, full fashioned. Stock colors: Black, Navy, Maroon. Other colors on special order at no extra charge. Sizes: 28 to 42 inch waist. Pair, \$5.00

No. WA. Special wrestling full tights. Specially reinforced. Supplied on special order only. Pair, \$6.00

No. 605. Good quality worsted. Stock colors: Gray, White, Navy, Maroon, Black. Other colors on special order at no extra charge. Sizes: 28 to 42 inch waist. Pair, \$2.50 ★ \$27.00 Doz.

No. 3A. Cotton, full quality. White, Black, and Flesh. Pair, \$1.00 ★ \$10.80 Doz.

Spalding Y. M. C. A. Trousers

No. 2. Men's Leaders. Blue or Gray flannel, stripe down side. Pair, \$3.50
No. 3. Flannel, of good quality. " 3.00
No. 4. Flannel. Pair, \$1.75 ★ \$18.90 Doz.



No. 2

Spalding Special Combined Wrestling Supporter and Belt

No. WS. Mercerized silk elastic, strong and durable. Each, \$2.00

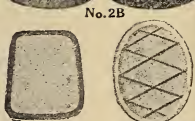


No. WS

Spalding Special Pads for Wrestling

To be Sewn on Wrestling Tights

No. B. Soft tanned horse hide cover, hair felt padding. Pair, 75c.
No. 62. Tan leather, padded. " 50c.
No. 61. Cloth covered, padded. " 25c.



No. 2B

Nos. 61 and 62

Spalding Running Pants—Fly Front, Laced Back

Specify Size and Color When Ordering

No. 1. White or Black Sateen. Pair, \$1.25 ★ \$13.50 Doz.
No. 2. White or Black Sateen. " 1.00 ★ 10.80 "
No. 3. White or Black Sateen. " .75 ★ 8.10 "
No. 4. White, Black or Gray Twill. " .50 ★ 5.10 "
No. 44. Same quality as No. 4, but in juvenile sizes only, not over 26 inch waist. Pair, 45c.

Silk Ribbon Stripes down sides of any of these running pants. Pair, extra, 25c. ★ \$2.70 Doz.

Silk Ribbon Stripes around waist on any of these running pants. Pair, extra, 25c. ★ \$2.70 Doz.



No. 1 Running Pants

Spalding Complete Catalogue mailed free upon request by any Spalding Store (see list on inside front cover).

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SANDOW'S PATENT SPRING GRIP DUMB BELLS

A. G. Spalding & Bros., Sole American and Canadian Licensees

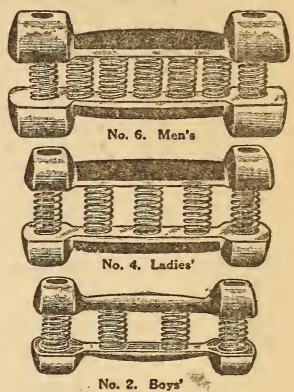


An entire system of physical culture is embraced within the exercises possible with these wonderful dumb bells.

The bells are made in two halves connected by steel springs, the effort necessary in gripping compelling the pupil to continually devote his whole mind to each movement. This concentration of will power on each muscle involved is what is responsible for the great results obtained through properly exercising with them.

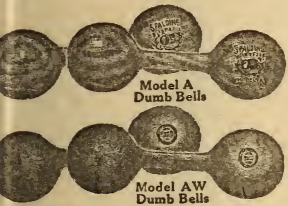
- No 6. MEN'S. Nickel-plated; seven steel springs. Pair, \$3.00
- No 5. MEN'S. Black enameled, five steel springs. Pair, \$2.00
- No 4. LADIES' Nickel-plated; five steel springs. Pair, \$2.50
- No 2. BOYS' Nickel-plated; four steel springs. Pair, \$2.00

We include with each pair of Sandow Dumb Bells a chart of exercises by Sandow and full instructions for using. This is the most complete exercising chart ever devised and yet it is very plain and easy to understand. Profusely illustrated.



EUGEN SANDOW, Patentee

Sandow Patent Spring Grip Dumb Bells are used by all the greatest athletes in their training.

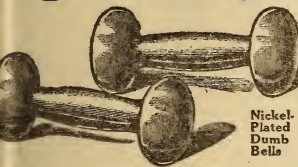


Model A Dumb Bells

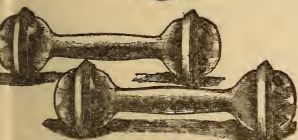
Model AW Dumb Bells



Iron Dumb Bell



Nickel-Plated Dumb Bells



Nickel-Plated Dumb Bells, with Rubber Bands

Spalding Gold Medal Wood Dumb Bells

Model A. Natural Color, Lathe Polished, High Finish

Spalding Gold Medal Dumb Bells are made of selected first grade clear maple, and are perfect in balance. Each bell bears fac-simile of the Spalding Gold Medal. Each pair is wrapped in paper bag. Weights specified are for each bell.

- 1/2 lb. Bells. Pair, 45c. ★ \$4.68 Doz.
- 1 lb. Bells. Pair, 65c. ★ \$6.72 Doz.
- 3/4 lb. Bells. " 50c. ★ 5.40 " 1 1/2 lb. Bells. " 70c. ★ 7.50 "
- 2 lb. Bells. Pair, 80c. ★ \$8.52 Doz.

Spalding Trade-Mark Wood Dumb Bells

Model AW (Stained Finish.) Spalding Trade-Mark quality. Made of good material and superior in shape and finish to the best wood dumb bells of other makes. Each pair wrapped in paper bag. Weights specified are for each bell.

- 1/2 lb. Bells. Pair, 35c. ★ \$3.36 Doz.
- 1 lb. Bells. Pair, 45c. ★ \$4.44 Doz.
- 3/4 lb. Bells. " 40c. ★ 3.90 " 1 1/2 lb. Bells. " 55c. ★ 5.70 "
- 2 lb. Bells. Pair, 70c. ★ \$7.20 Doz.

Spalding Iron Dumb Bells—Made on approved models, nicely balanced and finished in black enamel. Sizes 2 to 40 lbs. Pound 6c. ★ 5c. lb. Over 40 lbs. Pound 8c. ★ 6 1/2c. lb.

Bar Bells, weight 25 lbs. or more for complete Bar Bell, supplied regularly with steel handles, length 3 feet between bells. 12c. lb. ★ 10 1/2c. lb.
Bar Bells, weight 25 lbs. or more for complete Bar Bell, with steel handles, either shorter or longer than regular length, as noted above. 15c. lb. ★ 13 1/2c. lb.
Prices for Bar Bells, weighing other than above, quoted on application.



Quantity prices in italics will be allowed on 25 lbs. or more of iron dumb bells or 100 lbs. or more of bar bells.

Spalding Nickel-Plated Dumb Bells (Nickel-Plated and Polished)

- No. 1N. 1 lb. Pair, 30c. ★ \$3.24 Doz.
 - No. 3N. 3 lb. Pair, 70c. ★ \$7.56 Doz.
 - No. 2N. 2 lb. " 50c. ★ 5.40 " No. 4N. 4 lb. " 85c. ★ 9.28 "
 - No. 5N. 5 lb. Pair, \$1.00 ★ \$10.80 Doz.
- WITH RUBBER BANDS**
- No. 1B. 1 lb. Pair, 50c. ★ \$5.40 Doz.
 - No. 3B. 3 lb. Pair, \$1.00 ★ \$10.80 Doz.
 - No. 2B. 2 lb. " 75c. ★ 8.10 " No. 4B. 4 lb. " 1.25 ★ 13.50 "
 - No. 5B. 5 lb. Pair, \$1.50 ★ \$16.20 Doz.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-dozen pairs or more on sizes up to one pound, and on one-half dozen pairs or more on sizes over one pound in weight. Quantity prices will NOT be allowed on items NOT marked with ★

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SPALDING GOLD MEDAL INDIAN CLUBS

Model, material and finish are as perfect as the most complete and up-to-date factory can make them.
NATURAL COLOR, LATHE POLISHED, HIGH FINISH

Spalding Gold Medal Indian Clubs are made of selected first grade clear maple, in two popular models and are perfect in balance. Each club bears fac-simile of the Spalding Gold Medal. Each pair is wrapped in paper bag.

Model E—Weights specified are for each club

1/2 lb. Pair, \$.65 ★ \$8.84 Doz.	1 1/2 lb. Pair, \$.90 ★ \$9.84 Doz.
3/4 lb. " .65 ★ 6.96 "	2 lb. " 1.00 ★ 11.40 "
1 lb. " .75 ★ 8.10 "	3 lb. " 1.40 ★ 14.88 "

Model B—Weights specified are for each club

1/2 lb. Pair, \$.55 ★ \$5.64 Doz.	1 1/2 lb. Pair, \$.75 ★ \$8.28 Doz.
3/4 lb. " .60 ★ 6.00 "	2 lb. " .85 ★ 9.12 "
1 lb. " .65 ★ 6.64 "	3 lb. " 1.15 ★ 12.00 "

Spalding Trade-Mark Indian Clubs

STAINED FINISH

The following clubs bear our Trade-Mark, are made of good material, and are far superior in shape and finish to the best clubs of other makes. Furnished in two popular models. Each pair wrapped in paper bag.

Model ES—Weights specified are for each club

1/2 lb. Pair, \$.40 ★ \$4.08 Doz.	1 1/2 lb. Pair, \$.65 ★ \$6.90 Doz.
3/4 lb. " .45 ★ 4.50 "	2 lb. " .75 ★ 8.10 "
1 lb. " .50 ★ 5.16 "	3 lb. " 1.00 ★ 10.50 "

Model BS—Weights specified are for each club

1/2 lb. Pair, \$.35 ★ \$3.36 Doz.	1 1/2 lb. Pair, \$.55 ★ \$5.76 Doz.
3/4 lb. " .40 ★ 3.96 "	2 lb. " .70 ★ 7.20 "
1 lb. " .45 ★ 4.44 "	3 lb. " .85 ★ 9.12 "

Spalding Exhibition Clubs

Handsomely finished in ebonite; for exhibition and stage purposes. The clubs are hollow, with large body, and although extremely light, represent a club weighing three pounds or more.

No. A. Ebonite finish. Pair, \$3.50
No. AA. With German silver bands. " 5.00

Indian Club and Dumb Bell Hangers

Made of Iron and Nicely
Japanned

No. 1. Pair, 15c ★ \$1.68 Doz.
No. 1M. Mounted on oak strips.
Pair, 25c ★ \$2.70 Doz.

Savage Bar Bell

Especially designed by
Dr. Watson L. Savage.

Model S. Has large pear shaped ends, with a flexible hickory shaft 1/2-inch in diameter, producing a vibratory exercise similar to that obtained with the French wand. Each, 50c ★ \$5.40 Doz.

Spalding Ash Bar Bells

No. 2. Selected material, highly polished,
5 feet long. . . Each, 45c ★ \$4.50 Doz.

School Wand

Calisthenic Wand

No. 3. 3 1/2 feet long. Straight grain maple, black finish. Each, 12c ★ \$1.20 Doz.
No. 4. 4 1/2 feet long. 1 inch diameter. Black finish. Each, 15c ★ \$1.44 Doz.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one dozen pairs or more on sizes up to one pound, and on one-half dozen pairs or more on sizes over one pound in weight.
On Wands and Bar Bells quantity prices will be allowed on one-half dozen or more.

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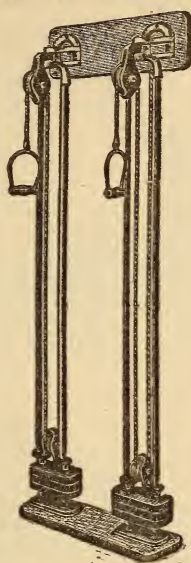
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SPALDING CHEST WEIGHT MACHINES



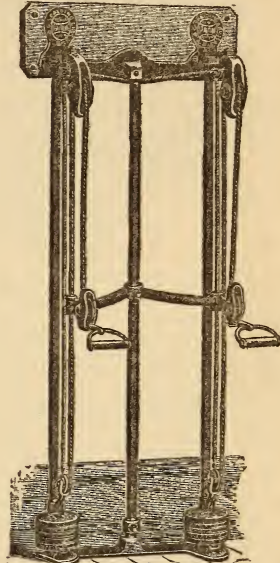
Spalding Chest Weight No. 2

No. 2. A good machine for home use; noiseless and durable. Well made and easy running. Rods are $\frac{3}{8}$ -inch coped spring steel. Weights are 5-lb. dumb bells, one to each carriage, which may be removed and used as hand bells. Wall and floor boards may be removed and used as hand bells. All castings heavily japanned. Every part of machine guaranteed free defect. Each, \$5.00



Spalding Chest Weight No. 12

No. 12. This machine, especially designed for home exercise, will be found high grade in every particular. Cast iron parts are all nicely japanned. The wheels are iron, turned true on centers, and have hardened steel cone point bearings. The guide rods are spring steel, copper-plated. The weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with 10 pounds of weights. Each, \$10.00

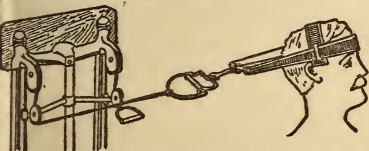


Spalding Chest Weight No. 5

No. 5. Because of its adjustment feature, which permits of all lower, as well as direct chest movements, this machine really combines two machines in one, and is particularly suitable where space is a consideration. The various changes are made by raising or lowering the center arm, requiring but a few seconds. Japan finish. Each machine is equipped with 16 pounds of weights. Ea., \$15.00 Extra weights for above, $1\frac{1}{2}$ lbs. Ea., .20

Spalding Head and Neck Attachment

business men. Overcomes tendency to forward head, and to continuous work at desk. For women, will help develop a nicely rounded neck.

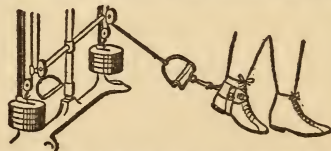


Illustrating Method of Fastening Head and Neck Attachment to No. 5 Chest Weight Machine.

No. 3. Heavy cowhide. Ready for use by simply snapping to one of the handles or both. Each, \$1.50

Spalding Foot and Leg Attachment

This provides a local exerciser for all muscles of the leg. As such it is an excellent device for strengthening weak muscles, toning up others and giving exercise to stiff joints.



Illustrating Method of Fastening Foot and Leg Attachment to No. 5 Chest Weight Machine.

No. 2. Heavy cowhide. Readily attached to one handle or both; can be worn with or without shoe. Each, \$1.50

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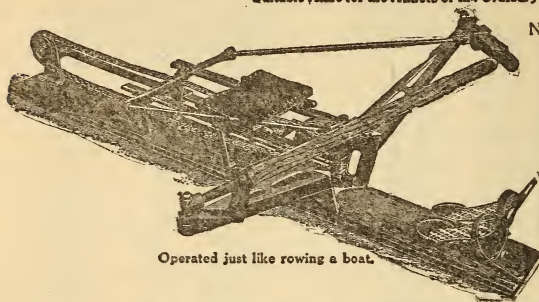


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SPALDING CHAIN BELT ROWING MACHINE No. 600

Suitable Alike for the Athlete or the Ordinary Man or Woman



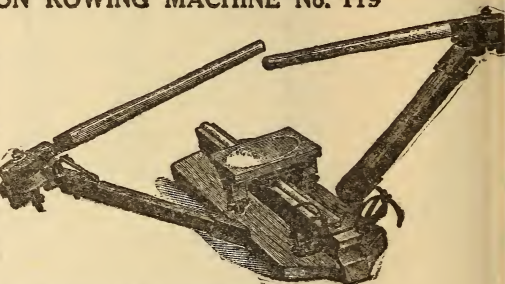
Operated just like rowing a boat.

No. 600. The ideal boat for home use and training purposes. Brings the exercise usually obtained on river or lake into the home or bedroom. Fitted with roller seat and adjustable shoes to fit either a tall or a short person. Thumb-nut arrangement controlling belt allows more or less friction to be thrown into the running parts, imitating the resistance which exists when forcing a row boat through the water. The resistance may be reduced for the weaker sex or increased to suit the strongest athlete. Oars are pivoted in such a way that operator can handle and turn them same as he would during the return and feathering motion with a boat oar. Floor space required, 6x5 feet. Each, \$30.00

SPALDING FRICTION ROWING MACHINE No. 119

No. 119. The means used to produce the resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and retains the pressure till its completion, when it instantly releases it, precisely as in a boat. Quickly taken apart without loosening any bolts or screws. Each machine is adjustable to any amount of friction or resistance. Do not use oil on friction cylinder. If its action is not perfectly smooth a little clear soap rubbed on its surface will properly correct its action. Floor space required, 4½ feet by 4½ feet.

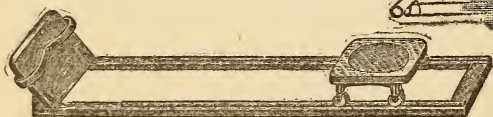
Complete, \$16.00



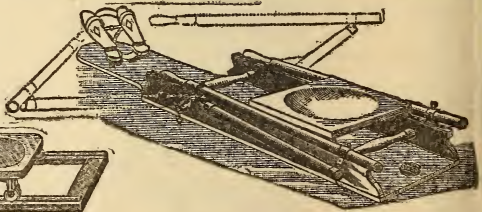
SPALDING ROWING ATTACHMENTS

For use with No. 5 Chest Weight Machines

Particularly suitable for home use. Can be detached from the weight machine quickly and put away in a very small space until the next opportunity for use presents itself. To be used in connection only with chest weights, like Spalding No. 5 (see opposite page) which have center arm adjustment, or with handles arranged so that they can be pulled from a bracket close to the floor.



No. R



No. 1

No. R. Designed to fill the demand for a low priced article of this kind, built along substantial lines. Gives entire satisfaction. Floor space required, 4½ feet by 12 inches. Complete, \$7.50

No. 1. This attachment, as will be noted, has out-riggers and arms similar to the rowing machine, and offers a great variety of work when used in connection with chest weight. Floor space required, 4½ feet by 4½ feet. Complete, \$10.00

NOTE—These Rowing Attachments, Nos. 1 and R, can be used only in connection with the No. 5 Type of Chest Weight Machine with

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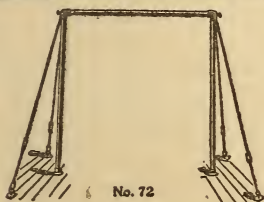
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Spalding Home Vaulting Horse



No. 1. Four legs, telescoping, the inside or extension legs being made of hard wood, with iron hoofs. Body covered with cowhide of the best quality. Closed pommels, easily detachable. Complete, \$60.00

Spalding Floor Horizontal Bars

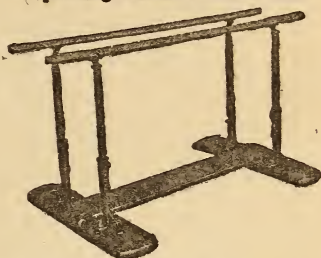


No. 72. Wrought iron pipe uprights, detachable iron head pieces, steel guy wires, wrought iron turnbuckles and floor plates; steel core bar. Complete, \$30.00

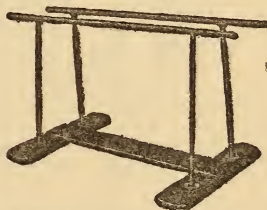
No. 73. Same as our No. 72, except furnished with split hickory bar instead of steel core bar. Complete, \$25.00

No. 75. Iron uprights and guys, solid hickory bar. 20.00
Floor space required for either Nos. 72, 73 or 75, 9 feet by 6 feet.
Height, 7 3-4 feet.

Spalding Home Parallel Bar

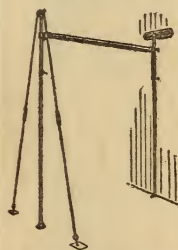


No. 101. This is an excellent medium priced bar, made adjustable in height and of good material throughout. The base is constructed of hard wood, the uprights are iron and free from any dangerous projections or corners. The hand rails are 8 feet long, regular, but may be furnished in any desired length at additional cost. Floor space required, 8 feet by 4 1/2 feet. Complete, \$35.00



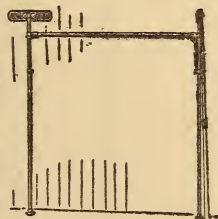
No. 102. This bar, in quality of material and construction is very similar to the No. 101 listed above; but it is not adjustable. An excellent bar for amateur and juvenile work and readily portable. Floor space required, 8 feet by 4 1/2 feet. Complete, \$25.00

Spalding Wall Horizontal and Vaulting Bar



Vaulting Bar in Position shown in the illustration.

No. 74. This bar is designed to provide an ideal combination Horizontal and Vaulting Bar where space is an important consideration. By loosening the guys attached to the outer upright the bar is made to swing back flat against the wall, as



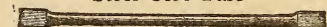
Vaulting Bar Folded Back Against Wall

The uprights are cold rolled steel, polished and nickel-plated, and have engraved graduations. The bar proper is selected hickory, with special spring steel core. Floor space required, 6 feet by 5 feet. Height, 7 1/2 feet. Complete, \$35.00

Spalding Horizontal Bars

Our steel core hickory bars are superior to anything of the kind in the market, and are almost exclusively used by professionals. The core is made of special spring steel. Every bar warranted.

Steel Core Bars



No. 112.	5 1/2 feet.	7.50
No. 113.	6 feet.	8.00
No. 114.	6 1/2 feet.	8.50
No. 115.	7 feet.	9.00

Solid Hickory Bars

Made of selected second growth hickory.

No. 116.	4 feet.	2.00
No. 117.	4 1/2 feet.	2.50
No. 118.	5 feet.	2.75
No. 119.	5 1/2 feet.	3.00
No. 120.	6 feet.	3.25
No. 121.	6 1/2 feet.	3.50

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Spalding Adjustable Doorway Horizontal Bar



No. A. The bar itself is made of selected hickory, having steel tubular ends into which iron sockets screw, holding rubber cushions. The socket on one end contains a left hand thread, on the other end a right hand thread. By fitting the bar in the doorway and turning it with the hands the ends are made to expand, and the friction applied by the rubber against the sides of the doorway is sufficient to sustain the weight of a heavy man. This bar may be used for chinning exercises, being adjustable to any height, also for abdominal work, as shown by cuts in margin of this page. Size of doorway in which bar will be used must be stated when ordering, as the adjustment is not great enough to meet all requirements in one size bar. . . . Each, \$4.00

This No. A Bar is supplied regularly to fit any doorway under 33 inches in width.

Bars to fit wider doorways. . . . Extra, 50c.

Should not be used in doorways wider than 42 inches. If length larger than 42 inches is required, it would be advisable to use a regular horizontal bar.



Spalding Doorway Horizontal Bar

No. 101. The keys fastened to each end of bar fit in the side sockets, which are secured to door jamb and hold the bar firmly in place. The parts are of malleable iron, very light, yet strong enough to sustain the heaviest man. The bar may be quickly removed when not in use, leaving no projecting part. Complete with parts. \$2.00

This No. 101 Bar is supplied regularly to fit any doorway under 37 inches. Bars to fit wider doorways, Extra, 50c. Should not be used in doorways wider than 42 inches. If length larger than 42 inches is required, it would be advisable to use a regular horizontal bar.

Extra sockets for doorway. . . . Pair, 50c.

With two pairs of sockets bar may be used for either chinning or abdominal exercises.



Spalding Catalogue of
Equipment for Gymna-
siums sent on applica-
tion, to interested parties

Spalding Home Gymnasium

Combining Swinging Rings, Trapeze, Stirrups, and Swing. Should be in every home where there are growing boys and girls. The simplest and best form of exercise for them.

No. 1. The apparatus is supported by two strong screw-hooks in the ceiling, about eighteen inches apart. It can also be used out of doors. The straps are of extra strong webbing and adjustable to any desired height; rings heavily japanned. The apparatus can be put up in any room, and removed in a moment, leaving only two hooks in the ceiling visible. The various combinations can be quickly and easily made. We furnish in addition, a board adjustable to the stirrups, which forms an excellent swing. Complete, ready to put up. \$6.00



Showing Swinging Ring
or upper portion
of outfit



Showing upper part of
Apparatus with trapeze
bar attached



Showing complete outfit with
exception of trapeze bar
which is supplied



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Start with the boy by making him take some kind of exercise, and if he is not inclined to do so without urging, provide him with suitable apparatus that is at the same time interesting. It won't be long before you will see the effect in his improved physique, and no urging will be necessary to induce him to show off his prowess on swinging rings or trapeze. The boy that is started this way grows up with the inclination for athletic exercise that will keep him in good health during the balance of his life.

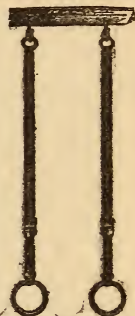
Spalding Adjustable Trapeze and Swinging Rings

Furnished complete; everything necessary for suspending. The supports are made of extra strong webbing. Perfectly safe under all conditions, and with the adjustable buckle, may be adapted to any ceiling from 16 feet down.

No. 201. Trapeze. Each, \$3.50
No. 301. Complete, with 6-inch Japanned Swinging Rings. " 3.50



No. 201. Adjustable Trapeze



No. 301. Adjustable Swinging Rings

Spalding Wooden Exercising Rings

No. 1. Made of three thicknesses of black walnut and maple glued together, with grain crossing. Pair, \$1.00
No. 2. Made of one piece solid maple, nicely finished. " .75



Spalding Swinging Rings

Made of japanned iron, 6 inches in diameter, inside measurement.

COMPLETE FOR HOME USE

No. 1. With 5-foot ropes. : Pair, \$3.50
No. 2. With 6-foot ropes. . " 3.75
No. 3. With 7-foot ropes. . " 4.00
No. 4. With 8-foot ropes. . " 4.25
Rings, leather covered, \$4.00 per pair extra.

WITHOUT ROPES AND CLAMPS

No. 10. 6-in. Pair, \$1.00
No. 20. 8-in. " 1.50
No. 30. 10-in. " 2.00

Sizes mentioned are inside measurements. Rings, leather covered, \$4.00 per pair extra.



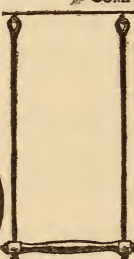
Spalding Single Trapeze

COMPLETE FOR HOME USE

Prices, including 8 feet of rope or less.
No. 1. 2½ foot bar. Each, \$3.00
No. 2. 3 foot bar. " 3.25
No. 3. 3½ foot bar. " 3.50

Spalding Trapeze Bars WITHOUT ROPE

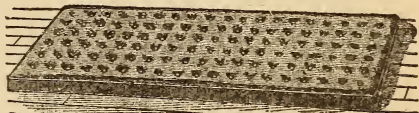
No. 1B. 2½ feet long, bars only. Each, \$1.25
No. 2B. 3 feet long, bars only. Each, \$1.50
No. 3B. 3½ feet long, bars only. Each, \$1.75



Spalding Mattresses

The value of a good mattress as a preventative of strains and bruises in home exercises is not generally recognized, but it is a fact that in this one feature lies their chief value. They are also indispensable as an adjunct to home acrobatics, and in fact, for most any kind of home gymnasium work, they are well nigh indispensable. The mats listed below are designed especially for home use and are recommended for that purpose only. Supplied only in sizes and materials specified. Covered with best No. 10 white duck, filled with two layers of best one-inch hair felt, closely tufted and strongly sewed. Two inches thick.

No. 00. Size 3 x 5 feet. Each, \$8.00
No. 01. Size 4 x 6 feet. " 12.00
No. 02. Size 5 x 6 feet. Each, \$15.00
No. 03. Size 5 x 10 feet. " 25.00



Special Wrestling Mattresses

Cover heavy quality duck, closely tufted, 2 inches thick. Complete with corduroy cover to lay over mat and allow 6-inch margin on all sides.

No. WX. Size 12 x 12 feet. Each, \$90.00
No. WXX. Size 15 x 15 feet. Each, \$135.00

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Spalding Elastic Exercisers



No. 3. Spalding "Special" Elastic Exerciser, with chart of exercises and Spalding Athletic Library, No. 29, "Pulley Weight Exercises." Complete in box, with charts, door hinge attachment and package of hooks. Choice of heavy or medium cable. Improved in quality and finish. . . Each, \$5.00

No. 1. Spalding "Standard" Elastic Exerciser, with a chart of exercises and Spalding Athletic Library, No. 29, "Pulley Weight Exercises." Complete in box, with door hinge attachment and a package of hooks. Choice of either heavy or medium cable. Each, \$3.00

No. 0. Spalding "Lively" Elastic Exerciser, with chart of exercises and Spalding Athletic Library, No. 29, "Pulley Weight Exercises." Complete in box, with door hinge attachment and package of hooks. Choice of heavy or medium cable. Each, \$2.00



EXTRA CABLES

Complete with Swivel Ends, for Spalding Elastic Exercisers
Cables are packed each in individual tubes, convenient for handling or mailing. This also keeps the rubber from the light and air. If not specified, medium tension will be sent.

Style C. Cable only, for No. 3, Elastic Exerciser. Heavy or medium tension. Each, \$2.50
Style B. Cable only, for No. 1, Elastic Exerciser. Heavy or medium tension. " 1.50
Style A. Cable only, for No. 0, Exerciser. Either heavy or medium tension. " 1.25

Spalding Health Pull



No. HP. Formed of five cords of heavy elastic, durable in quality. Has two handles, one at each end, and strength may be varied by using with different numbers of cords. A very beneficial article of exercise. Each, \$1.50

Spalding Elastic Home Exerciser

No Pulleys

It is readily attached to door frame, window casing or any convenient place in room, is absolutely noiseless, takes very little space, and can be quickly removed when not in use.



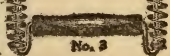
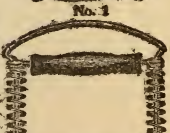
No. 1H. Heavy Tension Elastic. Each, \$1.00
No. 2M. Medium Tension Elastic. Each, 85c.
No. 3L. Light Tension Elastic. Each, 70c.

Spalding Wrist Machines



Strengthens and develops fingers, hands, wrists, arm and forearm. Cures cramps and stiffness of joints.

No. 1. Elastic cord, wood handle. Each, 25c.
No. 2. Elastic cord, cork handle. Each, 50c.
No. 3. Metal springs, wood handle. Ea. 25c.



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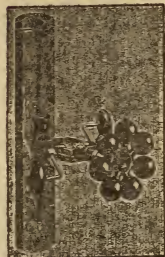
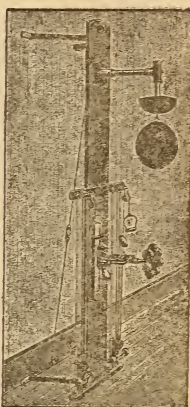
SPALDING HOME GYMNASIUM BOARD

A complete gymnasium for the home on one board. Floor space required, 3 feet by 2 feet. Height, 8 feet. Floor board and staple plate only are attached permanently. Upper board is held in position by pressure of guy rod and will not mar the wall in the slightest degree.

Consists of Board, with attachments for fastening to floor of room,
so that walls need not be marred, ... \$10.00
Spalding Abdominal Masseur. 10.00
No. PR. Spalding Adjustable Disk, Complete with Striking Bag. 7.50
No. 2. Spalding Chest Weight Machine, including pair of 5-lb.
Dumb Bells. 5.00
Complete, all attached, **\$32.50**

Board itself will be furnished separately if desired. Each, **\$10.00**

As the complete outfit is made up and carried in stock by us, equipped as noted above, we cannot supply board with different articles already attached.



Spalding Automatic Abdominal Masseur

Useful for treatment of constipation, based upon the principle of muscular contraction (the force which nature uses). It effectually applies force in the same direction that nature does, and will gradually discard the use of cathartics. A few moments' use each night, before retiring, and in the morning, upon arising, is all that is necessary. Its action upon the liver and stomach is equally as prompt and effective, and derangements of these organs are speedily remedied. Complete, **\$10.00**

Spalding Bar Stall Bench



Spalding Leather Covered Shot

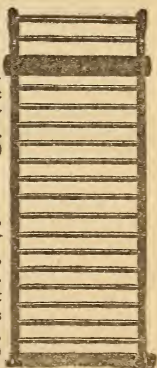


No. A. For abdominal massage.
An iron ball, wound with electric tape and then covered with very soft, smooth grade of horse hide.
6 or 8 lbs. weight Each, **\$5.00**

Spalding Bar Stalls

No. 205. Hard pine, strong and substantial. Top padded with hair felt, canvas covered. Preferable, for sanitary reasons, that canvas be painted (a special elastic paint is used), unless specified, stock benches will be so furnished. . Each, **\$4.00**

No. 20H. Adapted for use in the home; compact, of simple construction, used for the greatest variety of movements affecting every part of the body, and especially abdomen and chest movements. Erected against wall, behind door, or any flat surface. 8 feet high, 36 inches wide and extends 6 inches into room. Floor space required, 1 ft. by 2½ ft. Height, 8 ft. Per section, **\$8.00**



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SPALDING CHAMPIONSHIP HAMMERS

WITH BALL BEARING SWIVEL—Patented May 15, 1900

Used by the World's Record Holder, Pat Ryan. The Spalding Championship Hammer has been used exclusively by all the leading hammer throwers, including the record holders, for years past. The benefits of the ball bearing construction will be quickly appreciated by all hammer throwers. Special quality steel wire handle, with double triangle handpieces. Guaranteed absolutely correct in weight. Lead ball. No. 12F. 12-lb., without sole leather case. Ea., \$4.50 No. 16F. 16-lb., without sole leather case. Ea., \$5.00 No. L. Leather case, to hold either 12 or 16 lb. hammer. Each, \$2.00

EXTRA WIRE HANDLES

No. MG. For championship hammers. Single grip style. Each, \$2.00

Spalding Regulation Hammer, with Wire Handle IRON—Guaranteed Correct in Weight
No. 12IH. 12-lb., iron, practice. . Each, \$3.50 No. 16IH. 16-lb., iron, regulation. Each, \$3.75

EXTRA WIRE HANDLES—For Regulation Hammers

No. FH. Improved design, large grip, heavy wire. Each, 75c.

Spalding Rubber Covered Indoor Shot Patented December 19, 1905

Made on scientific principles; perfectly round; gives a fine grip, and has the proper resiliency when it comes in contact with floor; will wear longer than the ordinary leather covered; no possibility that the lead dust will sift out; always full weight. No. P. 16-lb. Each, \$12.00 | No. Q. 12-lb. Each, \$10.00

Spalding Indoor Shot

With improved leather cover. Our special method of construction prevents loss of weight, even when used constantly.

No. 3. 12-lb. Each, \$6.50
No. 4. 16-lb. " 7.50.

Regulation 56-lb. Weight

No. 2. Used and endorsed by all weight throwers. Lead. Packed in box, guaranteed correct in weight. Complete, \$12.00

Regulation Shot—Lead and Iron

Guaranteed Correct in Weight

No. 16LS. 16-lb., lead. \$3.50 No. 12IS. 12-lb., iron. \$1.50
No. 12LS. 12-lb., lead. 3.00 No. 24LS. 24-lb., lead. 6.00
No. 16IS. 16-lb., iron. 1.75 No. 24IS. 24-lb., iron. 5.00

Tambourine

No. 1. Required when throwing 56-lb. weight for height. Each, \$10.00

Hammer Throw Cage

To protect judges and spectators from any accident that might be liable to occur in the throwing of the hammer. One-third of circumference of cage is left open in direction in which hammer is thrown. Cage is made of 1/4-inch crimped wire, in sections 8 feet long by 7 feet high, supported by heavy iron posts set four feet into the ground in concrete bases. Complete (shipping weight 1000 lbs.), packed for shipment f.o.b. Boston.

Spalding Juvenile Athletic Shot and Hammers

Made according to official regulations. Weights guaranteed accurate; records made with these implements will be recognized.

JUVENILE HAMMER—No. 8IH. 8-lb., Iron Juvenile Hammer. Each, \$2.50

JUVENILE SHOT

No. 26. 8-lb. Leather Covered Shot, for indoor, schoolyard and playground use. Each, \$5.00
No. 5. 5-lb. Leather Covered Shot, for indoor, schoolyard and playground use. " 4.00
No. 8IS. 8-lb. Solid Iron Shot, not covered. Each, \$1.25 | No. 5IS. 5-lb. Solid Iron Shot, not covered. " 1.00

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SPALDING VAULTING POLES

SPECIAL NOTE—It is our endeavor always to supply Athletic Equipment of the very highest quality, and which is at the same time made of the most satisfactory material and in the best possible manner for the purpose intended.

We have discontinued making Spruce Vaulting Poles because we find ourselves unable to recommend their use, owing to danger of breakage and possibility of serious injury to user. Bamboo poles we do recommend, having proven to our satisfaction that they are superior for vaulting to poles made of any wood we know of, and, furthermore, if they do break while in use, the danger of personal injury is very remote.

Spalding Bamboo Vaulting Poles

INDOOR AND OUTDOOR STYLES

Owing to differences in climatic conditions it is impossible to keep Bamboo Vaulting Poles from cracking. These cracks or season checks do not appreciably detract from the merits of the poles, except where they are continuous. Much of the real strength of the pole is in the joints. All of our tests would seem to prove that poles with season checks may be accepted as safe and durable, except where the season check is wide open and extends through several sections on one side. Very frequently such splits or season checks can be entirely closed by placing the pole in a damp place for a day or so.



INDOOR BAMBOO VAULTING POLES

Tape wound at short intervals. Thoroughly tested before leaving our factory. Fitted with special spike.

No. 10BV. 10 ft. Ea., \$4.00 | No. 14BV. 14 ft. Ea., \$6.00
No. 12BV. 12 ft. " 5.00 | No. 16BV. 16 ft. " 6.00



OUTDOOR BAMBOO VAULTING POLES

Tape wound at short intervals. Thoroughly tested before leaving factory. Rounded end wound with copper wire and soldered.

No. 100BV. 10 ft. Ea., \$4.00 | No. 104BV. 14 ft. Ea., \$6.00
No. 102BV. 12 ft. " 5.00 | No. 106BV. 16 ft. " 6.00

Indoor Pole Vaulting Board

No. 117. Made up of sectional blocks of wood placed on end so that the spike of the vaulting pole will not split them. Bound in by heavy wood frame.

Complete, \$16.00



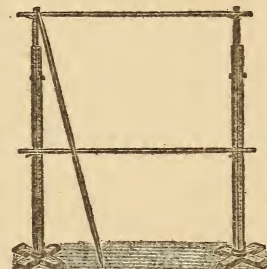
Spalding Vaulting Standards

Substantially built and measurements are clearly and correctly marked.

No. 109. Graduated in half inches, adjustable to 13 feet.

Complete, \$15.00
No. 111. Inch graduations, 7 feet high.

Complete, \$9.00
No. 112. Cross Bars. Hickory. Doz., \$3.00



No. C. Cord, with Weight Bags at either end, for use on Vaulting Standard. Each, \$2.00

Spalding Olympic Discus

Since Discus Throwing was revived at the Olympic Games, at Athens, 1896, the Spalding Discus has been recognized as the official Discus, and is used in all competitions because it conforms exactly to official rules. Exactly the same as used at Athens, 1906, London, 1908, Stockholm, 1912. Price, \$5.00

Spalding Youths' Discus

Officially adopted by the Public Schools Athletic League



To satisfy the demand for a Discus that will be suitable for the use of the more youthful athletes, we have put out a special Discus, smaller in size and lighter in weight than the regular Official size. The Youths' Discus is made in accordance with official specifications. Price, \$4.00

Spalding Official Javelins

To be thrown—not for vaulting.
Vaulting Poles listed above.

No. 53. Swedish model, correct in length, weight, etc., and of proper balance.. Steel shod. Each, \$5.00

Competitors' Numbers

Printed on Heavy Manila Paper or Strong Linen



		Manila.	Linen.
		Set	Set
No. 1.	1 to 50.	\$.25	\$2.50
No. 2.	1 to 75.	.38	3.75
No. 3.	1 to 100.	.50	5.00
No. 4.	1 to 150.	.75	7.50
No. 5.	1 to 200.	1.00	10.00
No. 6.	1 to 250.	1.25	12.50

For larger meets we supply Competitors' Numbers, on Manila paper only, in sets as follows:

No. 7.	1 to 300.	Set, \$1.50	No. 16.	1 to 1200.	Set, \$6.00
No. 8.	1 to 400.	" 2.00	No. 17.	1 to 1300.	" 6.50
No. 9.	1 to 500.	" 2.50	No. 18.	1 to 1400.	" 7.00
No. 10.	1 to 600.	" 3.00	No. 19.	1 to 1500.	" 7.50
No. 11.	1 to 700.	" 3.50	No. 20.	1 to 1600.	" 8.00
No. 12.	1 to 800.	" 4.00	No. 21.	1 to 1700.	" 8.50
No. 13.	1 to 900.	" 4.50	No. 22.	1 to 1800.	" 9.00
No. 14.	1 to 1000.	" 5.00	No. 23.	1 to 1900.	" 9.50
No. 15.	1 to 1100.	" 5.50	No. 24.	1 to 2000.	" 10.00

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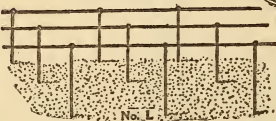
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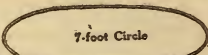


TRADE-MARK

GUARANTEES
QUALITY



No. 111B Tape



Patented May 24, 1922

Foster's Patent Safety Hurdle

The frame is 2 feet 6 inches high, with a swinging wooden hurdle 2 feet high, the swinging joint being 6 inches from one side and 18 inches from the other. With the short side up it measures 2 feet 6 inches from the ground, and with the long side up, 3 feet 6 inches. The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a clamp lever. Single hurdle, \$3.50

Spalding 7-Foot Circle

The discus, shot and weights are thrown from the 7-foot circle. Made of one-piece band iron, with welded joints. Circle painted white. Each, \$10.00

Spalding Take-off Board

The Take-off Board is used for the running broad jump, and is a necessary adjunct to the athletic field. Regulation size; painted gray. Each, \$3.00

Spalding Toe Board or Stop Board

Used when putting the 16-lb. shot, throwing weights and discus, and is curved on the arc of a 7-foot circle. Toe Board, regulation size, painted gray and substantially made. Each, \$3.50

Spalding Referees' Whistles

No. 7. Nickel-plated, heavy metal whistles. The most satisfactory and loudest of any. Each, 35c.
No. 4. Horn Whistle, nickel-plated, heavy metal. " 75c.
No. 3. Nickel-plated, special deep tone. " 75c.
No. 2. Very reliable. Popular design. " 25c.

Spalding Lanes for Sprint Races

No. L. We supply in this set sufficient stakes and cord to lay out four 100-yard lanes. Stakes are made with pointed ends and sufficiently strong, so that they can be driven into hard ground. Set, \$15.00

Official Harness for Three-Legged Racing

Made according to official rules. Complete set of straps for fastening men, and with extra straps for keeping fastenings at required height in long distance races.

No. 1. Official Harness for Three-Legged Racing. Set, \$2.50

We supply everything needed to fit out an athletic field in proper shape, in addition to everything needed by officials in charge. Write us about anything required but which is not listed on this page. Bodies in the United States.

Spalding Official Sacks for Sack Races

REINFORCED

Spalding Official Sacks for Sack Races are made in two sizes, for men and boys. Are all strongly reinforced, will wear for a great length of time, and by their construction it is practically impossible for racers to work their feet free. These sacks are made in exact accordance with official regulations. No. MS. Men's Sack, reinforced, 3 ft. wide. Each, \$1.50
No. BS. Boys' Sack, reinforced, 2½ ft. wide. " 1.00

Spalding Official Batons for Relay Races

No. 1. Correct size, length and weight. Each, 15c.

Patent Steel Tape Chain on Patent Electric Reel—For Measuring Distances in Athletic Competitions

Superior steel about ¼ inch wide. The reel allows the entire tape open to dry and can be reeled and unreel as easily as tapes in cases. Especially adapted to lay off courses and long measurements. Last foot only marked in inches. No. 1B. 100 ft. long. Ea., \$5.00 | No. 11B. 200 ft. long. Ea., \$7.50

Official Athletic Steel Measuring Tape

No. 111B. 300 feet long; has etched markings throughout; feet, inches and eighths. Complete on reel, with convenient wood handle. Each, \$16.50

Patent "Angle" Steel Measuring Tape

Especially adapted for laying off base ball diamonds, tennis courts and all kinds of athletic fields, both outdoors and indoors. Right angles accurately determined; also equally good for straight or any kind of measuring. Enclosed in hard leather case, flush handles. All mountings nickel-plated. No. A. 50 feet long, ¾ inch wide. Each, \$4.00
No. B. 100 feet long, ¾ inch wide. " 6.75

Spalding Stop Watches

No. S. Combined Chronometer and Stop Watch. Keeps good time and in addition to regular hands has split second hand. A very satisfactory time-piece as well as a useful article for athletes. Supplied on special orders only. Each, \$15.00

No. 1. Stem winder, nickel-plated case, porcelain dial, registered to 60 seconds by 1.5 seconds, fly back engaging and disengaging mechanism. Each, \$7.50

We are the "official outfitters" for all organized athletic.

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SPALDING LEATHER AND WORSTED BELTS



No. 400



No. 801

- Spalding "Special" Leather Foot Ball Belts
- No. 400. Black leather, $1\frac{1}{4}$ -inch, specially shaped for athletic use, particularly foot ball. Heavy harness buckle. Each, 75c.
- No. 801. Fine $1\frac{1}{2}$ inch leather belt. *Tan or Black*. Heavy harness buckle. Each, 75c.
- No. 800. *Tan or Black* leather belt, $1\frac{1}{4}$ inch wide. Fine harness buckle. Each, 60c. ★ \$6.48 Doz.
- No. 725. $1\frac{1}{4}$ inch, heavy leather, heavy nickeled harness buckle. *Tan, Orange or Black*. Each, 50c. ★ \$5.40 Doz.
- No. 754. $1\frac{1}{4}$ inch nickel harness buckle. *Tan or Black*. Each, 40c.

Spalding Worsted Web Belts

- COLORS: Red, Royal Blue, Navy Blue, Black, White, Maroon
- No. 3-0. Leather lined belt, worsted, web covered, $1\frac{1}{2}$ inch. Each, 75c. ★ \$8.10 Doz.
- No. 47. Leather lined belt, felt covered. Each, 50c. ★ \$5.40 Doz.

Spalding Cotton Web Belts

- COLORS: Red, White, Royal Blue, Maroon, Navy Blue
- No. 23. Cotton Belt, single strap-and-buckle. Each, 35c. ★ \$3.78 Doz.
- No. 4. Cotton Belt, single leather strap, with tongue buckle. Each, 25c. ★ \$2.70 Doz.
- No. 5. Cotton Belt, ... " 10c. ★ 1.08 "

Spalding Leather Wrist Supporters

- No. 50. Grain leather, lined, single strap-and-buckle. Each, 25c.
- No. 100. Solid belt leather, *Tan or Black*, single strap-and-buckle. " 25c.
- No. 300. Solid belt leather, *Tan or Black*, laced fastening. " 25c.
- No. 200. Solid belt leather, *Tan or Black*, double strap-and-buckle. " 40c.
- No. 400. Genuine pigskin, lined, in improved English slitted style. Each, 50c.



No. 400

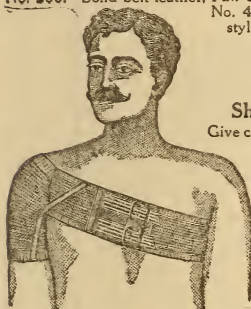
SPALDING ELASTIC BANDAGES

Spalding

Shoulder Bandage

Give circumference around arm and chest. Mention for which shoulder required.

- No. 101. Cotton thread. Each, \$3.50
- No. 101A. Silk thread. Each, \$5.00



Spalding

Knee Cap Bandage

Give circumference below knee, at knee and just above knee, and state if light or strong pressure is desired.

- No. 104. Cotton thread. Each, \$1.00
- No. 104A. Silk thread. Each, \$2.00



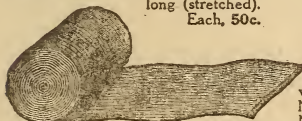
No. 102



No. 104

Spalding Elastic Bandage

- Composed of threads of rubber completely covered. The pressure can be applied wherever necessary. To fasten insert end under last fold.
- No. 30. Width 3 inches, 5 yards long (stretched). Each, 60c.
- No. 25. Width $2\frac{1}{2}$ inches, 5 yards long (stretched). Each, 50c.



Elbow Bandage

Give circumference above and below elbow, and state if for light or strong pressure.

No. 102. Cotton thread. Each, \$1.00

No. 102A. Silk thread. " 2.00



Wrist Bandage

Give circumference around smallest part of wrist, and state if for light or strong pressure.

No. 106. Cotton thread. Each, 50c.

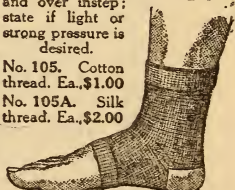
No. 106A. Silk thread. " 75c.

Spalding

Ankle Bandage

Give circumference around ankle and over instep; state if light or strong pressure is desired.

- No. 105. Cotton thread. Ea., \$1.00
- No. 105A. Silk thread. Ea., \$2.00



The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more at one time. Quantity prices NOT allowed on items NOT marked with ★

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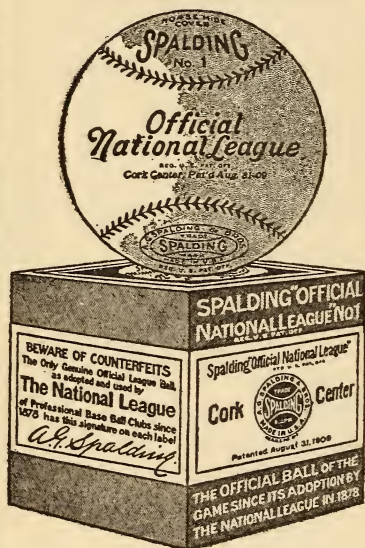
REG. U. S. PAT. OFF.

The Spalding "Official National League" Ball

REG. U. S. PAT. OFF.

PATENT CORK CENTER

PATENTED AUGUST 31, 1909



Adopted by The National League in 1878 and is the only ball used in Championship games since that time and, as made now with Patent Cork Center, has been adopted for twenty years more, making a total adoption of fifty-four years.



This ball has the SPALDING "PATENT" CORK CENTER, the same as used since August 1, 1910, without change in size of cork or construction. Same ball exactly as used in World Series Games of 1910, 1911, 1912, 1913 and 1914.

No. 1 { Each, - - \$1.25
Per Dozen, \$15.00

Each ball wrapped in tinfoil, packed in a separate box, and sealed in accordance with the latest League regulations. Warranted to last a full game when used under ordinary conditions.

**THE SPALDING "OFFICIAL NATIONAL LEAGUE" BALL
HAS BEEN THE OFFICIAL BALL OF THE
GAME SINCE 1878**

Spalding Complete Catalogue of Athletic Goods Mailed Free.

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SPALDING NEW ATHLETIC GOODS CATALOGUE

The following selection of items from Spalding's latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by A. G. SPALDING & BROS. ∴ ∴ ∴ SEND FOR A FREE COPY.

SEE COMPLETE LIST OF SPALDING STORE ADDRESSES ON INSIDE FRONT COVER OF THIS BOOK

Archery
Ash Bars
Athletic Library
Attachm'ts, Chest Weight

Backstops, Tennis

Bags—

Base
Bat
Bathing Suit
Caddy
Cricket
Striking
Tennis
Uniform

Base—

Basket
Cricket
Field Hockey
Golf
Hand
Indoor
Medicine
Playground
Squash
Tennis
Volley

Water Polo

Ball Cleaner, Golf

Bandages, Elastic

Bar Bells

Bars, Horizontal

Bases—

Base Ball

Indoor

Bathing Suits

Batons

Bats—

Base Ball

Cricket

Indoor

Beating Cage, Base Ball

Belts—

Leather and Worsted

Bladders—

Basket Ball

Striking Bag

Blades, Fencing

Blankets

Caddy Badges

Caps—

Base Ball

Knitted

University

Water Polo

Center Forks, Iron

Center Straps, Canvas

Chest Weights

Circle, Seven-Foot

Clock Golf

Conks, Running

Covers, Racket

Cricket Goods

Croquet Goods

Cross Bars

Discs—

Marking, Golf

Discus, Olympic

Disks, Striking Bag

Dumb Bells

Emblems
Embroidery
Equestrian Polo
Exercisers, Elastic

Felt Letters
Fencing Sticks
Field Hockey
Finger Protection
Flags—

Colleg.

Marking Golf

Foils, Fencing

Glasses, Base Ball Sun

Gloves—

Base Ball

Boxing

Cricket

Fencing

Golf

Hand Ball

Glove Softener

Goals—

Basket Ball

Golf Ball Washer

Golf Clubs—

Golf Counters

Golfette

Grip—

Athletic

Golf

Gut Preservative, Tennis

Guy Ropes and Pegs

Gymn Suits, Women's

Hammers, Athletic

Handle Cover, Rubber

Hangers for Indian Clubs

Hats, University

Health Pull

Hob Nails

Hole Cutter, Golf

Hole Rim, Golf

Home Gymnasium

Hurdles, Safety

Hurley Goods

Indian Clubs

Infliers—

Striking Bag

Jackets, Fencing

Javelins

Jerseys

Knee Protectors

Lacrosse

Lanes for Sprints

Lawn Bowls

Leg Guards—

Base Ball

Cricket

Field Hockey

Leotards

Letters—

Embroidered

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Roque

Markers—

Tennis

Golf

Masks—

Base Ball

Fencing

Mattresses

Megaphones

Mits—

Base Ball

Striking Bag

Monograms

Mufflers, Knitted

Nets—

Cricket

Golf Driving

Tennis

Volley Ball

Newcomb

Numbers, Competitors'

Pads—

Chamois, Fencing

Sliding, Base Ball

Wrestling

Paint, Golf

Pants—

Base Ball

Bathing, Knee

Boys' Knee

Running

Pennants, College

Plastrons, Fencing

Plates—

Base Ball Shoe

Home

Marking, Tennis

Pitchers' Box

Pitchers' Toe

Teeing, Golf

Platforms, Striking Bag

Poles, Vaulting

Polo, Equestrian

Polo, Roller, Goods

Posts—

Backstop, Tennis

Lawn Tennis

Protectors—

Abdomen

Base Ball Body

Base Ball Bruise

Indoor Base Ball

Thumb

Pulleys and Axle, Tennis

Push Ball

Pushers—

Chamois

Leather

Puttees, Golf

Racket Covers

Racket Presses

Rackets, Lawn Tennis

Rackets, Restrung

Racks, Golf Ball

Rapiers

Reels for Tennis Posts

Referees' Whistle

Rings—

Exercising

Swinging

Roque

Rowing Machines

Quoits

Sacks, for Sack Racing

Sandow Dumb Bells

Score Books—

Base Ball

Basket Ball

Cricket

Golf

Tennis

Score Tablets, Base Ball

Scoring Tree, Tennis

Shirts—

Athletic

Base Ball

Training

Shoes—

Acrobatic

Base Ball

Basket Ball

Bowling

Clog

Cricket

Cross Country

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Fencing

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Gymnasium

Jumping

Outing

Running

Squash

Street

Tennis

Walking

Shot—

Athletic

Indoor

Skate Rollers

Skates, Roller

Slippers, Bathing

Squash Goods

Standards—

Vaulting

Volley Ball

Straps—

Base Ball

For Three-Legged Race

Spikes, Cricket

Steel Cable, Tennis Net

Sticks, Polo

Stockings

Stop Boards

Striking Bags

Stumps and Bails

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Gymn's m. Women's

Swimming

Supporters—

Ankle

Wrist

Suspensories

Sweat Band

Sweaters

Swirls, Striking Bag

Swords—

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Fencing

Take-Off Board

Tape—

Adhesive

Cricket, Measuring

Marking, Tennis

Measuring Steel

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Tether Tennis

Tights—

Athletic

Full

Full, Wrestling

Knee

Toe Boards

Trapeze

Trousers, Y.M.C.A.

Trunks—

Bathing

Velvet

Worsted

Tug-of-War Belt

Umbrella, Golf

Umpire's Chair, Tennis

Umpire Indicator

Uniforms, Base Ball

Wands, Calisthenic

Watches, Stop

Water Wings

Weights, 56-lb.

Whistles, Referees'

Wrestling Equipment

Wrist Machines

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Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 16 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

"The Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair and legitimate profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

"The Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is "The Spalding Policy," which has already been in successful operation for the past 16 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding*
PRESIDENT.

Standard Quality

An article that is universally given the appellation "Standard" is thereby conceded to be the criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-nine years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros

SPALDING

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ATHLETIC LIBRARY

A separate book covers every Athletic Sport
and is Official and Standard
Price 10 cents each

GRAND PRIZE



ST. LOUIS, 1904



GRAND PRIX



PARIS, 1900

SPALDING ATHLETIC GOODS

ARE THE STANDARD OF THE WORLD

A. G. SPALDING & BROS.

MAINTAIN WHOLESALE and RETAIL STORES in the FOLLOWING CITIES

NEW YORK	CHICAGO	ST. LOUIS
BOSTON	MILWAUKEE	KANSAS-CITY
PHILADELPHIA	DETROIT	SAN FRANCISCO
NEWARK	CINCINNATI	LOS ANGELES
ALBANY	CLEVELAND	SEATTLE
BUFFALO	COLUMBUS	SALT LAKE CITY
SYRACUSE	ROCHESTER	INDIANAPOLIS
BALTIMORE	WASHINGTON	PITTSBURGH
LONDON, ENGLAND		MINNEAPOLIS
LIVERPOOL, ENGLAND		ATLANTA
BIRMINGHAM, ENGLAND		ST. PAUL
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BRISTOL, ENGLAND		DENVER
EDINBURGH, SCOTLAND		NEW ORLEANS
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